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Table 5.7 Structure of the working day

Time	Stable staff	Stable staff	Stable staff	Trainer/Asst Trainer	Trainer/Asst Trainer
06.00	Morning stables Muck out	Morning stables	Go racing	Exercise regime, issue instructions	
07.00		Exercise first lot		Go to gallops	
08.00	Breakfast	Breakfast		Breakfast	Breakfast
09.00		Exercise second lot			
10.00					Go racing
11.00		Exercise third lot			
12.00					
13.00	End am shift	End am shift		Lunch	
14.00					
15.00					
16.00	Evening shift	Evening shift		Evening stables	
17.00	Feed	Feed			
18.00	Settle horses	Settle horses			
19.00	End shift	End shift			
20.00					
21.00					
22.00					
23.00					
24.00					