

24

HOURS IN THE LIFE

WILL COLEMAN

As told to **AMANDA PICCIOTTO FEITOSA**/JUMP MEDIA

WEC – Ocala is the perfect place for Coleman to bring along younger horses in the winter.
Photo: Andrew Ryback Photography



Will Coleman and his Olympic hopeful and CCI5* mount Chin Tonic HS won at Third Level at the WEC January Dressage national show.
Photo: Andrew Ryback Photography



Above: Shown here on Commes Again HS, Will Coleman practices in the jumper ring, as show jumping is one phase in the sport of eventing.
Photo: Andrew Ryback Photography

In this 24 Hours in the Life of Will Coleman, we look back with the Olympic eventer on a day competing at World Equestrian Center – Ocala (WEC) during World Equestrian Center Dressage IX, which took place January 20-21, 2024. He had a great day showing with one of his top mounts, Chin Tonic HS, as well as one of his newer rides, Fahrenheit Addict. Follow along with the Virginia and Florida-based rider to see how his busy day went!



Will works out in the gym at Quantum Human Performance every day, often with his wife and business partner Katie Coleman.
Photo: Courtesy of Katie Coleman

4am

It's time to start the day. One of the great things about being able to show at WEC is that since we reside nearby, I can mostly stick to a pretty normal routine, even on a show day, because we're never driving more than 15 minutes to get to the horse show. I'm a bit of an early riser, regardless of whether I'm showing or not. I usually just have a tea in the morning and some Athletic Greens* and then I go to the gym.

5am

I work out a few days per week at Quantum Performance with trainer Ron Forbes, so if it's one of my normal days to go to the gym, I usually still go, even on a show day. I work out for about an hour and 15 minutes.

6:30am

After the gym, I swing back home and say good morning to my wife, Katie, and family. Then, I change into my jockey threads and head to WEC and get ready to horse show. WEC is a great place for us to get our eventing horses off the property and in a show environment to practice both the show jumping and the dressage. When I show in the jumpers, typically the 1.30m and 1.35m classes, it's often one of the first classes of the day, but for the World Equestrian Center Dressage IX show, we had specific ride times.

9am

I get to the show and get organized for my first test, the USEF Test of Choice with Chin Tonic HS. He's owned by Hyperion Stud and I hope to contend for an Olympic spot with him this year. We decided

to use the January dressage show at WEC to help us fine-tune some things in our competition warmup. We've been using a double bridle on the horse for the last six months and he's training exceptionally well in it, but we wanted to use it in a show atmosphere in a test a few times before our eventing competition season gets started.

9:55am

I get on to warm up. We went to the show the day before competing and schooled in the show arena, so I felt good going into the test and we stuck to our typical 30-minute warmup.

10:30am

We did our test and Chin Tonic performed really well. He won the class on a 77.375%, so we were thrilled. It was a great exercise for him.



11am

I head back to the farm to teach a lesson. It's pretty normal for us to go back and forth from the horse show to the farm during the day. I don't really mind that because the drive gives me 15 minutes to catch up with an owner or a client on the phone or just touch base with someone. Sometimes, having those little mini breaks in the day can be kind of therapeutic.

12:15pm

I'm back at WEC for my second test of the day, the USEF First Level Test 3* with Fahrenheit Addict. He's a much greener horse owned by a wonderful owner for me, Team Rebecca, and it was his first official competition with me and with them as his new owner. He's fairly new for us and just got imported from Europe, so we wanted to get a sense of what he was like at a horse show. Like Chin Tonic, we had Fahrenheit Addict at WEC schooling the day before the competition, getting familiar with the

Enjoying a moment before his dressage test at WEC - Ocala with Fahrenheit Addict.
Photo: Andrew Ryback Photography



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A U.S. Olympic eventer, Will Coleman uses WEC – Ocala jumper competitions to prepare his horses, including Camiro HS. Photo: Andrew Ryback Photography

rings and then he spent the morning hanging out at the show before it was his turn to compete.

12:25pm

I get on before the test and put him through his warmup for about 35 minutes.

1pm

I had a great run with Fahrenheit Addict as well. He won his class on a 74.306%, so he had a great day at the office.

1:45pm

I head back to the farm to ride a few more horses, teach a couple more lessons and finish up the day.

3:30pm

It's pretty family-style at the end of the day. Our kids, Charlie and West, get home from school and we're almost always still in the barn. Our kids will just get on their bikes or get on their scooter and

come to the barn, and they'll hang out with us while we finish the day. The kids are a nice distraction – sometimes welcome, sometimes not. When we're trying to finish up, they definitely don't help productivity, but they are always good for bringing a smile to everyone's faces. I think they enjoy the interaction with the horses and the team in the barn and spending time with their parents where we are every day.

4:30pm

We normally finish up around 4:30, but sometimes, it can be a bit later. It just depends on what time the last class at the show was and what the horses need in terms of aftercare. We have an incredible team that helps us manage the horses, including Erin Jarboe and Hailey Burlock. We're very, very lucky that they are always willing to do

what's right by the horses, even if it means staying a little later.

5pm

I walk back to the house with Katie and the kids and start cooking some dinner. Usually, I'm the chef. Katie is a great cook, but she is very happy to turn over the dinner duties to me. I love to cook, so I never complain about having to make dinner. I absolutely love to make a nice meal for the family. We have a very easy-to-hang-out-in kitchen, so everybody's there – Katie, West, Charlie. We're all relaxing, listening to some music and waiting for Dad to finish whatever it is he is making for dinner.

6pm

It's time to eat dinner. We like to, if we can, eat dinner as early as possible, so usually I don't even take my britches off. I come home and start cooking almost right away. That way the kids have a chance to relax and hang out, and we have a chance to spend time with them before they have to go to bed.

7:30pm

West is two, so in a perfect world, he's in bed by 7:30.



Two-year-old West Coleman helps out in the barn at the end of the day. Photo: Courtesy of Katie Coleman

8:30pm

Charlie's six, so she's more like 8:30 for bed. To be honest, Katie and I usually aren't far behind. As soon as the kids are in bed, Katie and I might sit down, have a cup of tea, and maybe watch something on TV for 20 minutes. When we're ready for bed, we both read a bit. Falling asleep is usually not too difficult for us. It's definitely a full day, but it's nice to sleep in your own bed and enjoy the comforts of your own home environment even when you're showing. It's amazing to be able to accomplish so much important training and competing without really ever feeling like you're away from home. 🍵