

TRAINING PLAN - 1

Remember:

The four stages of a riding day plan:

- 1 - Warm up
- 2 - Basics
- 3 - Fun/test work
- 4 - Cool down

Time	Phase	Exercise	Reps
0	Warm Up	Walk on loose rein	-
0.02	Warm Up	Change rein on loose rein	-
0.03	Warm Up	Walk on loose rein	-
0.05	Warm Up	Start trotting, encouraging horse to stretch and lower and chew the contact down	-
0.07	Warm Up	Circle right in trot	1-2
0.07	Warm Up	3/4 of the line up the long side	-
0.08	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.08	Warm Up	Change rein across the diagonal	-
0.09	Warm Up	Circle left in trot	1-2
0.09	Warm Up	3/4 of the line up the long side	-
0.10	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.10	Warm Up	Change rein across the diagonal and canter	-
0.11	Warm Up	Circle right in canter	1-2
0.11	Warm Up	3/4 of the line up the long side	-

Time	Phase	Exercise	Reps
0.11	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.12	Warm Up	Change rein across the diagonal, canter	-
0.12	Warm Up	Circle left in canter	1-2
0.13	Warm Up	3/4 of the line up the long side	-
0.13	Warm Up	Circle up the top (or as many as you need to get back connection)	-
0.14	Basic	Start Rhythm Exercise - Do one lap around the whole arena and check how many times you have to adjust the rhythm (once done walk for a lap as below)	3
	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.20	Basic	Change rein	-
0.21	Basic	Start Rhythm Exercise - Do one lap around the whole arena and check how many times you have to adjust the rhythm (once done walk for a lap as below)	3
	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.27	Basic	Start Seat Exercise - Do a ride with no stirrups if possible in walk - put your hands under your seat bones (once done walk for a lap as below)	3

Time	Phase	Exercise	Reps
	Basic	Walk and think about it for a minute, think about what you felt, think about how your seat bones feel differently and how they connect with the horse (then back to Seat exercise)	3
0.28	Basic	Change rein	-
0.29	Basic	Start Seat Exercise - Do a ride with no stirrups if possible in walk - put your hands under your seat bones (once done walk for a lap as below)	3
	Basic	Walk and think about it for a minute, think about what you felt, think about how your seat bones feel differently and how they connect with the horse (then back to Seat exercise)	3
0.35	Cool Down	Back to walk	-
0.35	Cool Down	Walk and allow the horse to stretch and cool down on both reins	-
0.40	Finish	Finish	-

There is no fun/test work in this training plan as the basics are not established therefore the basics are part of the fun/test work.