	MON	TUES	WED	THURS	FRI	SAT	SUN
1	OFF	1 hr WALK	DRESSAGE	15 min TROT	JUMP	DRESSAGE	DRESSAGE or PLAY IN FIELD, T+C
2	OFF	1 hr WALK	DRESSAGE	15 min TROT	JUMP	DRESSAGE	PLAY IN FIELD, T+C
3	OFF	1 hr WALK	DRESSAGE	JUMP	15 min TROT	DRESSAGE	XC SCHOOL
4	OFF	1 hr WALK / round & down stretch	DRESSAGE	17 min TROT	JUMP	DRESSAGE	15 min TROT 3x3 min CANTER or XC SCHOOL
5	OFF	1 hr WALK / round & down stretch	DRESSAGE	17 min TROT	JUMP	DRESSAGE	15 min TROT 3x3 min CANTER
6	OFF	LONG HACK / DRESSAGE	SJ SCHOOL	20 min TROT	XC SCHOOL	DRESSAGE	15 min TROT 3x4 min CANTER

Modified

Ride iQ