	MON	TUES	WED	THURS	FRI	SAT	SUN
1	OFF	1 hr WALK	DRESSAGE	10 min TROT	JUMP	DRESSAGE	PLAY IN FIELD, T+C
2	OFF	1 hr WALK	DRESSAGE	12 min TROT	JUMP	DRESSAGE	PLAY IN FIELD, T+C or XC SCHOOL
3	OFF	1 hr WALK	DRESSAGE	15 min TROT	JUMP	DRESSAGE	12 min TROT 2x3 min CANTER or XC SCHOOL
4	OFF	1 hr WALK	DRESSAGE	15 min TROT	JUMP	DRESSAGE	15 min TROT 2x3 min CANTER or XC SCHOOL
5	OFF	1 hr WALK / round & down stretch	XC SCHOOL or DRESSAGE	17 min TROT	JUMP	DRESSAGE	15 min TROT 3x3 min CANTER
6	OFF	1 hr WALK / round & down stretch	XC SCHOOL	20 min TROT	JUMP	DRESSAGE	15 min TROT 3x4x3x3 CANTER

Training

Ride iQ