



HOW TO PLAN PRODUCTIVE SESSIONS

Regular training sessions should be simple and gradually progressive. *Don't over do it: not too long, not too hard.*

There are three phases: Warm Up, Training, Cool Down.

- WARM UP is all about getting connected, relaxed, responsive... so you are ready to train. *TAKE YOUR TIME.*
- TRAINING is when you practice and improve your skills, or learn something new. *KEEP IT SHORT (especially if not easy).*
- COOL DOWN is about relaxing, feeling good together, demanding nothing. *MAKE IT NICE.*

Make your plan before you get your horse. You can always adjust it as needed.

- FIGURES: Destinations and/or Circles - spirals, serpentines, 8s, loops. Choose gaits according to skill - walk, trot, canter.

Adjust according to your horse's needs - more Spirals for *Movers* and *Tense* horses; Destinations for *Stoppers* and *Pushy* horses.

NOTE: You can spend unlimited time walking or doing nothing - trail rides, hanging out, etc. Training sessions should be fairly short.

WARM UP: 5-30 mins

MODULES: Connection, Relaxation, Responsiveness

Do what's easy. Take the time your horse needs.

Ground - In Hand

- Stay With Me (Leading - Responsiveness & Connection)
- Touch That (Destinations)
- Back up
- FIGURES: Circles, Spirals, 8s - at walk, trot, canter*
- Park

Riding - Loose Rein / long rein

- Park
- Walk on loose rein, relax
- Touch That (Destinations)
- Back up
- Easy, big, basic Figures: walk, trot, canter
- Park

TRAINING: 10-20 mins

MODULES: Confidence, Impulsion, Bending, Harmony, Agility, Purpose, Power

Pick only 1 or 2 concepts to learn or improve.

Take frequent breaks, especially when it is difficult.

Ground - In Hand or Free

- Longer lines
- Obstacles
- Round Corral (free/liberty training)
- Choose a challenge (52)
- Behavior Problem Solving (as long as needed)

Riding - Loose Rein or Contact

- Complex FIGURES - walk, trot, canter
- Transitions & Numbers
- Bending & Laterals
- Obstacles
- Lead changes
- Choose a Challenge (52)
- Trail ride (unlimited time)
- Behavior Problem Solving (as long as needed)

COOL DOWN: 5 mins

Relax, demand nothing

Do what your horse likes!

Ground

- Hang out and graze
- Meander back to the barn/pasture

Riding - Loose /Long Rein

- Hang out and graze
- Stretch at walk or trot
- Stroll back to the barn
- Relaxing, short trail ride or hack about