

WEEK 1

Week of: **May 1**

GOAL:

Collected trot and canter from the ground. 1 rein stop - at least getting some nice stops

	5/1 MONDAY	Duration	5/2 TUESDAY	5/3 WEDNESDAY	5/4 THURSDAY	5/5 FRIDAY	5/6 SATURDAY	5/7 SUNDAY
MORNING		0:00	Walk machine 0:30		0:00	Walk machine 0:30	Lunging 0:10	Walk machine 0:30
		0:00			0:00		Arena riding - one rein stop 0:45	0:00
		0:00			0:00		Short hack 0:45	0:00
		0:00			0:00		Grooming 1:00	0:00
		0:00			0:00			0:00
		0:00			0:00			0:00
AFTERNOON	Lunging 0:20			Lunging 0:20	Lunging 0:20			
	hand-walk in the desert 1:00			hand-walk in the desert 1:00	hand-walk in the desert 1:00			
		0:00		Grass grazing 0:30				
		0:00						
		0:00						

DAILY NOTES

FEED

3 x day - Usual

Vitamins 4/7 days

NOTES

WEEK 2

Week of: May 8

GOAL: Going back on the saddle. Having Yazan comfortable in the arena for 30 mins while riding. Progresses on one rein stop st walk, introd

	5/8 MONDAY	duration	5/9 TUESDAY	5/10 WEDNESDAY	5/11 THURSDAY	5/12 FRIDAY	5/13 SATURDAY	5/14 SUNDAY						
MORNING	Free in arena	0:30	Walk machine	0:30	Free in arena	0:30	Walk machine	0:30	Free in arena	0:30	Arena riding - one rein stop - circles	0:30	Walk machine	0:30
		0:00		0:00		0:00		0:00		0:00	Hack	1:00		0:00
		0:00		0:00		0:00		0:00		0:00	Grooming	1:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00
AFTERNOON	Arena riding - one rein stop	0:30		0:00	Lunging	0:20		0:00	Lunging	0:20		0:00		0:00
	Short hack	0:45		0:00	Short hack	0:45		0:00	Desensitization session	0:45		0:00		0:00
	Grass grazing	0:30		0:00	Grass grazing	0:30		0:00	Tricks	0:15		0:00		0:00
	Lunging and groundwork with horseman	1:00		0:00		0:00		0:00		0:00		0:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00

Training with horseman

Farrier appointment 6am

One rein stop at walk, trot

One rein stop at walk

DAILY NOTES

FEED

3 x day - Usual

Vitamins 4/7 days

NOTES

WEEK 3

Week of: May 15

GOAL: Getting Yazan comfortable at smaller circles, getting him to comfortably trot with noisy bags tied to the saddle.

	5/15 MONDAY	duration	5/16 TUESDAY	5/17 WEDNESDAY	5/18 THURSDAY	5/19 FRIDAY	5/20 SATURDAY	5/21 SUNDAY						
MORNING	Free in arena	0:30	Walk machine	0:30	Free in arena	0:30	Walk machine	0:30	Free in arena	0:30	Arena riding - circles	0:45	Walk machine	0:30
		0:00		0:00		0:00		0:00		0:00	Hack	1:00		0:00
		0:00		0:00		0:00		0:00		0:00	Grooming	1:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00
AFTERNOON	Arena riding - one rein stop - circles	0:45		0:00	Arena riding - one rein stop - circles	0:45		0:00	Lunging	0:20		0:00		0:00
	Short hack	0:45		0:00	Short hack	0:45		0:00	Desensitization session	0:45		0:00		0:00
	Grass grazing	0:30		0:00	Grass grazing	0:30		0:00	Tricks	0:15		0:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00
		0:00		0:00		0:00		0:00		0:00		0:00		0:00

Increased time of arena training from 30 mins to 45mins

DAILY NOTES

FEED

3 x day - Usual

Vitamins 4/7 days

NOTES

WEEK 4

Week of: **May 22**

GOAL: Refining one rein stop at trot. Getting Yazan to comfortably work under saddle with me playing with uncomfortable objects from his bar

	5/22 MONDAY	duration	5/23 TUESDAY	5/24 WEDNESDAY	5/25 THURSDAY	5/26 FRIDAY	5/27 SATURDAY	5/28 SUNDAY
MORNING	Free in arena	0:30	Walk machine	0:30	Free in arena	0:30	Walk machine	0:30
		0:00		0:00		0:00	Free in arena	0:30
		0:00		0:00		0:00	Arena riding - circles	0:45
		0:00		0:00		0:00	Hack	1:00
		0:00		0:00		0:00	Grooming	1:00
AFTERNOON	Arena riding - one rein stop - circles	0:45		0:00	Lunging	0:20		0:00
	Short hack	0:45		0:00	Desensitization session	0:45		0:00
	Grass grazing	0:30		0:00	Tricks	0:15		0:00
		0:00		0:00		0:00	hand-walk in the desert	1:00
		0:00		0:00		0:00	Grass grazing	0:30

I give him a pause

DAILY NOTES

FEED

3 x day - Usual

Vitamins 4/7 days

NOTES