

Conditioning Schedule

Day of Week	Activity	Specifications	Average Minutes	TPR
Mondays	Flat work	Spiral circles, leg yielding, figure eights, stretching	45-60	
Tuesdays	Jumping	Rotate show jumping courses, grid lines, and cross country schooling	30-45 plus 15 minutes warm up	
Wednesdays	Flat work	Spiral circles, leg yielding, figure eights, stretching	45-60	
Thursdays	Off	Rest	0	
Fridays	Off	Rest	0	
Saturdays	Dressage	Beginner Novice Test A practice, Forward & down exercise	60 (includes warm up)	
Sundays	Jumping	Rotate show jumping courses, grid lines, and cross country schooling	30-45	