



MICROCYCLE: COMPETITION PERIOD

RELATIVE IMPORTANCE: INTENSITY>VOLUME

NAME OF RIDER: WANNA BE CHAMPION

NAME OF HORSE: AMMA CHAMPION

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
AM	Easy day - 1 hr Walk  H.V. L.I.	1 hr Hack plus 30' Trot plus dressage  H.V. M.I.	1 hr Dressage 1 hr Hand walk  M.I. L.V.	1 hr Hack 20' Trot  1 hr Hand walk	1 hr Hack 30' Dressage  H.I. M.V.	Cross Country Day 1 hr Hand walk  H.I. M.V.	1 hr Hand walk Horse inspection  H.I. L.V.
PM	Turnout  A.R.	1 hr Hack plus turnout  Travel to competition	Horse Inspection  1 hr Hand walk	1 hr Hand walk 30' Dressage	1 hr Hand walk 30' Dressage competition	Competition 1 ½ hr endurance and 10' cross country	Show Jumping competition 45' passive warm up  15' jumping

**LEGEND** - H.V. - HIGH VOLUME; M.V. - MEDIUM VOLUME; L.V. - LOW VOLUME; L.I. - LOW INTENSITY; M.I. - MEDIUM INTENSITY; H.I. - HIGH INTENSITY  
A.R. - ACTIVE REST

XXX - Top Priority XX - Secondary Priority X - Introduction or maintenance

DISCIPLINE: \_\_\_\_\_ DATE: \_\_\_\_\_

MICROCYCLE: \_\_\_\_\_ RELATIVE IMPORTANCE: \_\_\_\_\_

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