

- **If the horse is cognitively stressed, it will be physically stressed.**
- **If the horse is physically stressed, & this occurs whenever the horse fatigues, it will become cognitively stressed.** We must aim to keep these stress levels to motivating levels, and not fatiguing levels.

We do this by training **single question/aid responses**, with repetitions that help the horse learn & **insisting on appropriately timed rests** to reoxygenate + fuel the horses very differently shaped brain tissue.

★ Training is about teaching new skills to the horses body & mind - so therefore it is about learning, NOT fitness.

Warm Up - 15 -20 minutes **not including required rests.*

- 1 Proprioceptive (5 minutes)** - Walk mainly, focusing on previously mastered changes of direction & speed aiming for a lengthening or stride and walking at approx 55bpm.
- 2 Mobility & Revision (10-15 minutes)** - Walk (5 mins) trot (5 mins) canter (5 mins), focusing on specific mobility exercises to prepare for the training session ahead or revise a level of training progression down from what will be trained in this session. Encompassing changes of direction, & transitions.
- 3 REST / REFRESH** - *Stand or do something that has previously been learnt for 2 minutes.*

Core Training - 15-20 minutes **not including required rests.*

- 4** *This is where you.....*
Introduce CHANGES - ie New Skill/Movement or Improving a Skill/Movement
 - Train in sets of **3-5 successfully completed reps**, **REST/REFRESH** (as above) for 2 mins, then **repeat for another 2 more sets with REST/REFRESH in between.**
 - Train **one** rein/direction of bend/in one eye **at a time.**
 - Train **both** evenly - but this is **NOT** required in each training session.
 - Do not train a single question/skill/movement/ progression past the point of the second decline in capability.

Warm Down - 5 minutes

- 5 Physical Mobilisation / Cognitive Refresh / Oxygenation (5 minutes)** - **2 mins trot / 3 mins walk (or all walk)** focusing on what was completed in the first proprioceptive warm up at the absolute start of the session. **DO NOT introduce anything new.**