

# Equestrian Training – Preseason 2019

To **help** you **want** to **train**, it is **easier** if you **know why** you are training. Start your Spring Training process with a personal Goal Setting process. This is your time to think about what you want to accomplish in your riding this summer. Whether it's to improve in competition, become a better rider; or just get and stay in shape through physical activity with your horse – this workout will help you get more enjoyment out of your riding.

## Goal Setting

#1 Rule - it's hard to perform and excel if you don't have a target / plan / goal

People who set goals:

- have better practices
- Know what they to work on
- Have a better focus and better attention
- Provides motivation to keep going / moving / performing - Helps you to stay persistent
- PERSIST - MOTIVATED - FOCUSED

## Objective Goals

- where you measure your performance
- Unbelievably important
- Measure, measure , measure!
- Work on things you have to get better on - Makes practice purposeful, meaningful

## Goal Setting - How to do it

Ask yourself these questions:

What do I have to do to get better?

How am I going to do this? When will I practice? How can I measure improvement?

Who can help me achieve it?

Make a plan and stick with it!

Set specific goals in measurable terms

Set challenging goals - the harder you work on something the better you become and the easier you make it look.

Set short term and long term goals - should have a plan for every action in your competition

Set performance not outcome goals

Set practice and competition goals

Set positive as opposed to negative goals

## How to make your change effective / stick

- Answer the question - what's the change I want to make and why?
- Schedule action toward the change everyday - write it down!
- Measure yourself towards the change - write it down! Rate it on a scale of 1 to 10
- Share - tell people about the change - this creates momentum from your social environment
- Make sure you have a coach or comrade and have them advise you weekly - provides social accountability

## Let's Get Started - Fitness Testing Self Test

Let's see where we are after a long winter of lots of snow. Maybe you were very active, maybe not. Either way, you need a starting point. Start with this easy test and write down your results

**Exercise Beep test – 20 m - level (if you have access to the internet you can go to YouTube and look up Beep Test. Then measure an area where you can run back and forth for the test. You can do this in a gym, school hallway; your driveway/ sidewalk by your house – anywhere!. You need a space of 20m long. Then every time your computer/phone beeps you run from one side to the other until you miss the Beep two times in a row.**

**Push ups – 1 min - count - try this from your toes – when you retest you should see some improvement**

**Sit ups – 1 min – Knees bent, feet on floor- count**

**Burpee – 1 min - count**

**Plank hold – timed**

## Let's Get Working – Core Strength

Perform this program two or three times per week. All exercises may be done at home – a gym is not needed.

The routine can be performed by any age group – don't give up on yourself – just try to complete more the next time.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Sprint /Skip/Run on the spot</b>	4*30sec;rest 15 sec	4*30sec;rest 15 sec	4*30sec;rest 15 sec	1:00	4*30sec;rest 15 sec
<b>Push Ups</b>	2 * 10; 15 Sec rest	2* 12; 15 secs rest	2*15; 10 sec rest	1:00	2* 20; 15 sec rest
<b>Squats</b>	3*20sec;rest 20 sec	2*45 Secs; 15 secs rest	3*30 secs; 10 sec rest	1:00	4*30 secs; 15 sec rest
<b>Side Lunge</b>	4* 15 secs (2 sets each side); rest 15 secs	Alternate legs – 32 reps	Each leg – 20 Reps	1:00	4* 30 secs (2 sets each side); rest 15 secs
<b>Lunge Jumps</b>	30 secs	40 secs	50 secs	1:00	30 secs
<b>Burpee</b>	3*20 secs; rest 20 secs	4*20 secs; rest 15 secs	15 reps	1:00	4*20 secs; rest 15 secs
<b>Plank</b>	30 sec	1:00	1:30	2:00	2:15
<b>Bicycle Sit Ups</b>	16 each side	2* 20 reps; 15 sec rest	3* 20 reps; 15 sec rest	1:00	4* 20 reps; 15 sec rest
<b>Russian Twists</b>	16 each side	2* 20 reps; 15 sec rest	3* 20 reps; 15 sec rest	1:00	4* 20 reps; 15 sec rest

Add warm up and cool down exercises to get your heart rate in and stretch out your body at the end.

**At the end of Week 5 – RETEST!**