



WEEKLY PLAN - MICROCYCLE

Developing Competitor

Rider Name: _____

Horse Name: _____

Competition Name: _____

Date: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	HORSE						
	RIDER						
PM	HORSE						
	RIDER						

LEGEND: H.V. = HIGH VOLUME M.V. = MEDIUM VOLUME L.V. = LOW VOLUME H.I. = HIGH INTENSITY M.I. = MEDIUM INTENSITY L.I. = LOW INTENSITY
XXX = TOP PRIORITY XX = SECONDARY PRIORITY X = INTRODUCTION OR MAINTENANCE