

WORKOUT H Ridden

Ⓜ Halt

⋯ Walk

- - - Trot

- · - · - Lengthened Trot

— Canter

- · - · - Lengthened Canter

Details:

- Enter arena at trot
- At top, turn right, trot to end, turn right
- At centre, turn right.
- Lengthened trot across arena.
- Working trot, turn left and then canter left.
- Turn left up the centre of the arena
- Change the canter lead through walk – walk 4x strides.
- Canter right at top
- Canter around the arena to the end corner, turn right
- Lengthened canter across diagonal.
- Working canter at the corner
- Trot left from corner
- At corner turn left.
- Walk 8-10 strides to camera.
- Halt 4x seconds
- Leave arena at trot

