

30 DAYS TO AWESOME CONTACT TRAINING PLAN

1	2	3	4	5	6	7
Ball Work	Ride	Ride	Ball Work	Ride	Ride/Lunge	Rest
8	9	10	11	12	13	14
Ball Work	Ride	Ride	Ball Work	Ride	Ride/Lunge	Rest
15	16	17	18	19	20	21
Ball Work	Ride	Ride	Ball Work	Ride	Ride/Lunge	Rest
22	23	24	25	26	27	28
Ball Work	Ride	Ride	Ball Work	Ride	Ride/Lunge	Rest
29	30					
Ball Work	Ride					