



DRESSAGE TRAINING PLAN – Month 1 Rhythm & Seat Mastery

Why is this important?

Without a training plan:

1. You don't know what you should be working on or looking to achieve.
2. You can't measure progress. You can't see how far you have come.
3. You can't tell if you are moving backwards, forwards or sideways.
4. Your ride can be boring and unfulfilling as no goals have been achieved.
5. You are wasting time working on things that don't matter.
6. You are not using the time to work on what you should be working on that makes the most difference to your scores and your progress through the grades.

What is a training plan?

A document - online, written, verbal or in your head - of a list of exercises and tests you are doing on a particular day to make progress and measure that progress towards your goals.

How do you create a training plan?

The first thing you need to know is - what is your goal?

What do you want to achieve from your training plan?

If this training plan was to guarantee you would get results - what results would they be?

So for Basics/Preliminary Month 1 our goal is:

1. To have the horse moving in a forwards, consistent rhythm without help from the rider
AND
2. To learn and develop the 'independent' seat and be able to go with the horse and connect your seat bones to the horses back.

GOALS for the MONTH

CURRENT GOAL: Consolidate Basics on Riding and Training

Monthly Goal for German Training Scale - Rhythm:

Have the horse moving in a good Rhythm.

Week	Goal
1	Do one lap around the whole arena and check how many times you have to adjust the rhythm. I.e. Half halt or adjust your legs. The AIM is to not have to adjust even once!
2	Count how many steps of trot and canter you do on a long side. You want to be able to adjust the strides 1st round - do normal - might be 23 strides of canter 2nd round - make your strides longer (eg. 20 strides for the long side) 3rd round - make your strides shorter (eg. 26 strides for the long side)
3	Get someone to watch you or record you and do one lap in normal rhythm and then ride more forward - not faster just more energy and impulsion and forward thinking and see what looks better :)
4	Have a lesson or go to a competition and get direct feedback on your rhythm. Is it good or is it inconsistent - goes too fast and then too slow. Do a practice test at home and just in relation to rhythm, see what you need to work on - you might realise when you get into pressure at comp you forget about fundamentals and basic of rhythm which will lose you marks as well as affect you moving up the German Training Scale - contact, straightness transitions etc...

Monthly Goal for Rider Success Scale - Seat:

Start to connect my back to the horses back and learn to influence the horse with my seat and develop an independent seat

Week	Goal
1	Do a ride with no stirrups if possible in walk - put your hands under your seat bones.
2	Connect your seat bones into the horses back and pedal and feel yourself being lifted up left right left right.
3	Stamp down with your heel on the 1 in canter and hold your abs in
4	Look up! And shoulders back

TRAINING PLAN - WEEK 1

Remember:

The four stages of a riding day plan:

- 1 - Warm up
- 2 - Basics
- 3 - Fun/test work
- 4 - Cool down

Time	Phase	Exercise	Reps
0	Warm Up	Walk on loose rein	-
0.02	Warm Up	Change rein on loose rein	-
0.03	Warm Up	Walk on loose rein	-
0.05	Warm Up	Start trotting, encouraging horse to stretch and lower and chew the contact down	-
0.07	Warm Up	Circle right in trot	1-2
0.07	Warm Up	3/4 of the line up the long side	-
0.08	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.08	Warm Up	Change rein across the diagonal	-
0.09	Warm Up	Circle left in trot	1-2
0.09	Warm Up	3/4 of the line up the long side	-
0.10	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.10	Warm Up	Change rein across the diagonal and canter	-
0.11	Warm Up	Circle right in canter	1-2
0.11	Warm Up	3/4 of the line up the long side	-
0.11	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.12	Warm Up	Change rein across the diagonal, canter	-
0.12	Warm Up	Circle left in canter	1-2
0.13	Warm Up	3/4 of the line up the long side	-
0.13	Warm Up	Circle up the top (or as many as you need to get back connection)	-

Dressage Mastery Academy: Mastery of Dressage Basics Part 1

Time	Phase	Exercise	Reps
0.14	Basic	Start Rhythm Exercise - Do one lap around the whole arena and check how many times you have to adjust the rhythm (once done walk for a lap as below)	3
	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.20	Basic	Change rein	-
0.21	Basic	Start Rhythm Exercise - Do one lap around the whole arena and check how many times you have to adjust the rhythm (once done walk for a lap as below)	3
	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.27	Basic	Start Seat Exercise - Do a ride with no stirrups if possible in walk - put your hands under your seat bones (once done walk for a lap as below)	3
	Basic	Walk and think about it for a minute, think about what you felt, think about how your seat bones feel differently and how they connect with the horse (then back to Seat exercise)	3
0.28	Basic	Change rein	-
0.29	Basic	Start Seat Exercise - Do a ride with no stirrups if possible in walk - put your hands under your seat bones (once done walk for a lap as below)	3
	Basic	Walk and think about it for a minute, think about what you felt, think about how your seat bones feel differently and how they connect with the horse (then back to Seat exercise)	3
0.35	Cool Down	Back to walk	-
0.35	Cool Down	Walk and allow the horse to stretch and cool down on both reins	-
0.40	Finish	Finish	-

There is no fun/test work in this training plan as the basics are not established therefore the basics are part of the fun/test work.

TRAINING PLAN - WEEK 2

Remember:

The four stages of a riding day plan:

- 1 - Warm up
- 2 - Basics
- 3 - Fun/test work
- 4 - Cool down

Time	Phase	Exercise	Reps
0	Warm Up	Walk on loose rein	-
0.02	Warm Up	Change rein on loose rein	-
0.03	Warm Up	Walk on loose rein	-
0.05	Warm Up	Start trotting, encouraging horse to stretch and lower and chew the contact down	-
0.07	Warm Up	Circle right in trot	1-2
0.07	Warm Up	3/4 of the line up the long side	-
0.08	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.08	Warm Up	Change rein across the diagonal	-
0.09	Warm Up	Circle left in trot	1-2
0.09	Warm Up	3/4 of the line up the long side	-
0.10	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.10	Warm Up	Change rein across the diagonal and canter	-
0.11	Warm Up	Circle right in canter	1-2
0.11	Warm Up	3/4 of the line up the long side	-
0.11	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.12	Warm Up	Change rein across the diagonal, canter	-
0.12	Warm Up	Circle left in canter	1-2
0.13	Warm Up	3/4 of the line up the long side	-
0.13	Warm Up	Circle up the top (or as many as you need to get back connection)	-

Time	Phase	Exercise	Reps
0.14	Basic	Start Rhythm Exercise - 1st round - Go down the long side, count how many strides you do in trot (just do this normally, then walk and reflect) 2nd round - Go down the long side, increase your stride length and count how many strides in trot this time (then walk and reflect) 3rd round - Go down the long side, decrease your stride length and count how many strides in trot this time (then walk and reflect)	3
	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.20	Basic	Change rein	-
0.21	Basic	Start Rhythm Exercise - 1st round - Go down the long side, count how many strides you do in trot (just do this normally, then walk and reflect) 2nd round - Go down the long side, increase your stride length and count how many strides in trot this time (then walk and reflect) 3rd round - Go down the long side, decrease your stride length and count how many strides in trot this time (then walk and reflect)	3
	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.27	Basic	Start Seat Exercise - Walk with your hands under your seat bones - put your hands under your seat bones (once done trot for a lap as below)	3
	Basic	Trot for a lap, think about how your seat bones feel differently and how they connect with the horse (then back to Seat exercise)	3
0.28	Basic	Change rein	-
0.29	Basic	Start Seat Exercise - Walk with your hands under your seat bones - put your hands under your seat bones (once done trot for a lap as below)	3
	Basic	Trot for a lap, think about how your seat bones feel differently and how they connect with the horse (then back to Seat exercise)	3

Dressage Mastery Academy: Mastery of Dressage Basics Part 1

Time	Phase	Exercise	Reps
0.35	Cool Down	Back to walk	-
0.35	Cool Down	Walk and allow the horse to stretch and cool down on both reins	-
0.40	Finish	Finish	-

There is no fun/test work in this training plan as the basics are not established therefore the basics are part of the fun/test work.

TRAINING PLAN - WEEK 3

Remember:

The four stages of a riding day plan:

- 1 - Warm up
- 2 - Basics
- 3 - Fun/test work
- 4 - Cool down

Time	Phase	Exercise	Reps
0	Warm Up	Walk on loose rein	-
0.02	Warm Up	Change rein on loose rein	-
0.03	Warm Up	Walk on loose rein	-
0.05	Warm Up	Start trotting, encouraging horse to stretch and lower and chew the contact down	-
0.07	Warm Up	Circle right in trot	1-2
0.07	Warm Up	3/4 of the line up the long side	-
0.08	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.08	Warm Up	Change rein across the diagonal	-
0.09	Warm Up	Circle left in trot	1-2
0.09	Warm Up	3/4 of the line up the long side	-
0.10	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.10	Warm Up	Change rein across the diagonal and canter	-
0.11	Warm Up	Circle right in canter	1-2
0.11	Warm Up	3/4 of the line up the long side	-
0.11	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.12	Warm Up	Change rein across the diagonal, canter	-
0.12	Warm Up	Circle left in canter	1-2
0.13	Warm Up	3/4 of the line up the long side	-
0.13	Warm Up	Circle up the top (or as many as you need to get back connection)	-

Time	Phase	Exercise	Reps
0.14	Basic	Start Rhythm Exercise IN WALK Do one lap around the whole arena either filming or having someone watch you in normal rhythm in walk.	3
0.15	Basic	Start Rhythm Exercise - IN WALK Do one lap around the whole arena either filming or having someone watch you in with more energy and impulsion but not faster rhythm.	3
0.16	Basic	Start Rhythm Exercise IN TROT Do one lap around the whole arena either filming or having someone watch you in normal rhythm in trot.	3
0.17	Basic	Start Rhythm Exercise - IN TROT Do one lap around the whole arena either filming or having someone watch you in with more energy and impulsion but not faster rhythm.	3
0.18	Basic	Start Rhythm Exercise IN CANTER Do one lap around the whole arena either filming or having someone watch you in normal rhythm in canter.	3
0.19	Basic	Start Rhythm Exercise - IN CANTER Do one lap around the whole arena either filming or having someone watch you in with more energy and impulsion but not faster rhythm.	3
0.20	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.21	Basic	Change rein	-
0.22	Basic	Start Rhythm Exercise IN WALK Do one lap around the whole arena either filming or having someone watch you in normal rhythm in walk.	3
0.23	Basic	Start Rhythm Exercise - IN WALK Do one lap around the whole arena either filming or having someone watch you in with more energy and impulsion but not faster rhythm.	3

Dressage Mastery Academy: Mastery of Dressage Basics Part 1

Time	Phase	Exercise	Reps
0.24	Basic	Start Rhythm Exercise IN TROT Do one lap around the whole arena either filming or having someone watch you in normal rhythm in trot.	3
0.25	Basic	Start Rhythm Exercise - IN TROT Do one lap around the whole arena either filming or having someone watch you in with more energy and impulsion but not faster rhythm.	3
0.26	Basic	Start Rhythm Exercise IN CANTER Do one lap around the whole arena either filming or having someone watch you in normal rhythm in canter.	3
0.27	Basic	Start Rhythm Exercise - IN CANTER Do one lap around the whole arena either filming or having someone watch you in with more energy and impulsion but not faster rhythm.	3
0.28	Basic	Walk - reflect on learnings and how you can make it better (then back to Rhythm exercise)	3
0.27	Basic	Start Seat Exercise - 1 m minute canter - focusing on stamping down with your heel on the 1 in canter and hold your abs in	3
	Basic	Walk and think about it for a minute, think about what you felt, reflect (then back to Seat exercise)	3
0.28	Basic	Change rein	-
0.29	Basic	Start Seat Exercise - 1 m minute canter - focusing on stamping down with your heel on the 1 in canter and hold your abs in	3
	Basic	Walk and think about it for a minute, think about what you felt, reflect (then back to Seat exercise)	3
0.35	Cool Down	Back to walk	-
0.35	Cool Down	Walk and allow the horse to stretch and cool down on both reins	-
0.40	Finish	Finish	-

There is no fun/test work in this training plan as the basics are not established therefore the basics are part of the fun/test work.

TRAINING PLAN - WEEK 4

Remember:

The four stages of a riding day plan:

- 1 - Warm up
- 2 - Basics
- 3 - Fun/test work
- 4 - Cool down

Time	Phase	Exercise	Reps
0	Warm Up	Walk on loose rein	-
0.02	Warm Up	Change rein on loose rein	-
0.03	Warm Up	Walk on loose rein	-
0.05	Warm Up	Start trotting, encouraging horse to stretch and lower and chew the contact down	-
0.07	Warm Up	Circle right in trot	1-2
0.07	Warm Up	3/4 of the line up the long side	-
0.08	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.08	Warm Up	Change rein across the diagonal	-
0.09	Warm Up	Circle left in trot	1-2
0.09	Warm Up	3/4 of the line up the long side	-
0.10	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.10	Warm Up	Change rein across the diagonal and canter	-
0.11	Warm Up	Circle right in canter	1-2
0.11	Warm Up	3/4 of the line up the long side	-
0.11	Warm Up	Circle up the top (or as many as you need to get back connection)	1-2
0.12	Warm Up	Change rein across the diagonal, canter	-
0.12	Warm Up	Circle left in canter	1-2
0.13	Warm Up	3/4 of the line up the long side	-
0.13	Warm Up	Circle up the top (or as many as you need to get back connection)	-

Dressage Mastery Academy: Mastery of Dressage Basics Part 1

Time	Phase	Exercise	Reps
0.14	Basic	Practice test focusing on rhythm and seat specifically shoulders back, look up.	1
0.19	Basic	Walk for a lap thinking about learnings - Is it good or is it inconsistent - goes too fast and then too slow?	-
0.20	Basic	Practice test focusing on rhythm and seat specifically shoulders back, look up.	1
0.25	Basic	Walk for a lap thinking about learnings - Is it good or is it inconsistent - goes too fast and then too slow?	-
0.26	Cool Down	Back to walk	-
0.26	Cool Down	Walk and allow the horse to stretch and cool down on both reins	-
0.30	Finish	Finish	-

There is no fun/test work in this training plan as the basics are not established therefore the basics are part of the fun/test work.