

HORSE WALKER ROUTINES

DATE 24/08/2014

COMMENCING ROUTINES

- A. 30 MINUTES, 3.0 KLMS ——— 6 KPH
- B. 30 MINUTES, 4.0 KLMS ——— 8 KPH

TRAINING ROUTINES

- 1. 40 MINUTES, 5.76 KLMS — 8.64 KPH
- 2. 60 MINUTES, 9.50 KLMS ——— 9.50 KPH
- 3. 80 MINUTES, 13.26 KLMS — 10.20 KPH
- 4. 90 MINUTES, 15.90 KLMS — 10.80 KPH
- 5. 75 MINUTES, 14.68 KLMS — 11.74 KPH

HORSE WALKER

COMMENCING ROUTINES

DATE 24/08/2014

A. 30 MINUTES, 3.0 KLMS — 6 KPH

B. 30 MINUTES, 4.0 KLMS — 8 KPH

Routine Orientation Level Time Activity

A

Anti-Clock 1-2 15 Walk

Clockwise 1-2 15 Walk

Time: 30 Minutes

Distance: 3.0 Klm

Speed: 6.0 KPH

Routine Orientation Level Time Activity

B	<u>Anti-Clock</u>	1-2	10	Walk
		3-4	5	Trot
	<u>Clockwise</u>	3-4	5	Trot
		1-2	10	Walk

Time: 30 Minutes

Distance: 4.0 Km

Speed: 8.0 KPH

HORSE WALKER

TRAINING ROUTINES

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- 2. 60 MINUTES, 9.50 KLMS — 9.50 KPH**
- 3. 80 MINUTES, 13.26 KLMS — 10.20 KPH**
- 4. 90 MINUTES, 15.90 KLMS — 10.80 KPH**
- 5. 75 MINUTES, 14.68 KLMS — 11.74 KPH**

Routine Orientation Level Time Activity

1	<u>Anti-Clock</u>	1-2	5	Walk
		3-4	10	Trot
		1-2	5	Walk
	<u>Clockwise</u>	1-2	5	Walk
		3-4	10	Trot
		1-2	5	Walk

Time : 40 Minutes

Distance: 5.76 Klm

Speed: 8.64 KPH

Routine Orientation Level Time Activity

2

<u>Anti-Clock</u>	1-2	5	Walk
	3-4	20	Trot
	1-2	5	Walk
<u>Clockwise</u>	1-2	5	Walk
	3-4	20	Trot
	1-2	5	Walk

Time : 60 Minutes

Distance: 9.50 Km

Speed: 9.50 KPH

Routine Orientation Level Time Activity

3	<u>Anti-Clock</u>	1-2	5	Walk
		3-4	30	Trot
		1-2	5	Walk
	<u>Clockwise</u>	1-2	5	Walk
		3-4	30	Trot
		1-2	5	Walk

Time : 80 Minutes

Distance: 13.26 Klm

Speed: 10.20 KPH

Routine	Orientation	Level	Time	Activity
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4

Anti-Clock	1-2	5	Walk
	3-4	15	Trot
	5	5	Extended Trot
	3-4	15	Trot
	1-2	5	Walk
Clockwise	1-2	5	Walk
	3-4	15	Trot
	5	5	Extended Trot
	3-4	15	Trot
	1-2	5	Walk

Time : 90 Minutes

Distance: 15.90 Klm

Speed: 10.80 KPH

Routine Orientation Level Time Activity

5	<u>Anti-Clock</u>	1-2	5	Walk
		3-4	10	Trot
		5	5	Extended Trot
		3-4	10	Trot
		6	5	Canter
		1-2	2	Walk
	<u>Clockwise</u>	1-2	3	Walk
		3-4	10	Trot
		5	5	Extended Trot
		3-4	10	Trot
		6	5	Canter
		1-2	5	Walk

Time : 75 Minutes

Distance: 14.68 Klm

Speed: 11.74 KPH

***** More Interval Training *****

