

DISCIPLINE: _____ DATE: _____

MICROCYCLE: _____ RELATIVE IMPORTANCE: _____

NAME OF RIDER: _____ NAME OF HORSE: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

LEGEND - H.V. - HIGH VOLUME; M.V. - MEDIUM VOLUME; L.V. - LOW VOLUME; L.I. - LOW INTENSITY; M.I. - MEDIUM INTENSITY; H.I. - HIGH INTENSITY
A.R. - ACTIVE REST XXX - Top Priority XX - Secondary Priority X - Introduction or maintenance