Training Schedule - Maneuvers Level

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Phase One																																						
Warm up with Five Easy Pieces																																						
Collected/Sequence Stop																																						
Fence Rollback Exercise																																						
Phase Two																																						
Speed Transitions																																						
Turnarounds (slowly developing speed & form)																																						
Circle back serpentine																																						
Lead change body control exercises																																						
Turnarounds on the fence																																						
Turnarounds on circle																																						
Circle back for stops																																						
Reinforce Collection																																						
Phase Three																																						
Signal Stops																																						
Hip to Eye Exercise																																						
Shoulders in and out																																						
Phase Four																																						
Counter canter																																						
Turnarounds																																						
#2 to improve front legs																																						
Jump-out or Hip-to Eye for back legs																																						
Increased revolutions																																						
Phase Five																																						
Neck rein exercises																																						
"Lead changes" at the walk																																						
Shoulders away exercise																																						
Work for precise departures																																						
"Casual" fence runs																																						
Phase Six																																						
Starting on lead changes																																						
Random Signal Stops																																						
Transition to counter canter																																						
Regular "speed checks"																																						
Phase Seven																																						
Chasing into turns																																						
Rollbacks/off the fence																																						
Random Stops at Speed																																						
Phase Eight																																						
Runs & Fencing																																						
Phase Nine																																						
Flat-footed spins																																						
Stop in the zones																																						
Phase Ten																																						
Finishing Touches																																						