



**NORTHERN
EQUESTRIAN
SERVICES**

Coaching & Schooling for Horse & Rider

Human Fitness Plan



Human Fitness Plan

Why bother with a fitness plan?

- Reduces chance of injury for horse and/or rider
- Allows you and your horse to grow together
 - Keeps a routine
 - Helps to make S.M.A.R.T goals
 - Helps to keep motivated
- Allows for guilt-free chocolate/wine enjoyment
 - Allows for a day off, every week!

So your horse is on a fitness plan, they're on the perfect nutrition diet and they know their routine, that's all there is right? Right?

STOP!

You've forgotten yourself, you've forgotten the Sat Nav for the directions – you'd never expect your phone to function on 1% for longer than 5 minutes, so don't expect yourself to!

Your fitness is key for your partnership with your horse to grow. Both of you need to be on that perfect nutrition diet and your routine. Your health and physical ability is key in the teamwork in your partnership.

When your horse is trotting around the school, or carrying you up or down hill, if you're sitting like a bag of potatoes, they have to work extra hard. Do your bit for the team and create yourself the dream fitness plan!

Whether it's squats and planks to increase your physical strength, or swimming or running to increase stamina and breathing control or Yoga or Pilates to keep your body nimble and not tense – keep yourself in a good routine and reap the benefits!

Print off as many of the Fitness Plans you need for your time period
Don't forget to grab the Horse Fitness Plan too! See you soon!

Do share on social media – and use the hashtag #NESadventures

If you're training for a particular event and you're still unsure on what elements you should be focussing on the most, then drop me an email/message and we can create a bespoke fitness plan.

Finally, enjoy yourself and growing!!
Happy goal achieving!!



Human Fitness Plan

Fitness Goal:

Month:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |
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Key:

RD – Rest Day
 Y – Yoga/Pilates
 R – Run/Fast Walk
 G – Gym

S – Squat Day
 RLF – Riding Lesson Flat
 RLJ – Riding Lesson Jump
 SW – Swimming

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www.northernquestrianservices.com
 Or message Verena on Instagram; www.instagram.com/girlabouttheyard



Fully insured, qualified Equestrian Coach

**BHS Accredited
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Years of experience**

Instagram: [@girlabouttheyard](https://www.instagram.com/girlabouttheyard)

Website: NorthernEquestrianServices.com

