

welcome to the
STRIDES FOR SUCCESS

30 ✨ Rider
DAY Fitness
CHALLENGE

MAKE EVERY RIDE COUNT

www.stridesforsuccess.com

Week 3

Welcome to Week 3 of the 30 Day Rider Fitness Challenge...

And look at you...

Over half way, Well Done! I can tell you that as you enter week three the path you are on is becoming less and less crowded because you are going the extra mile that a lot of others just won't.

Give yourself a pat on the back!

As I mentioned each week, this is only a guideline. I am not a fitness instructor or coach, nor am I a medical professional. All exercises are done at your own risk and we highly recommend consulting with your healthcare practitioner before starting any fitness plan.

In week 1 and 2 we really pushed ourselves, both from a physical and a mental view point. We had hard workouts daily and I am sure that many struggled to find time for the workouts and the added jogging program that we began last week.

The good news is that at this point you should be seeing results in your body and we can now begin to start a more maintenance program, less workouts, less intensity but still aiming for that strong core, legs and higher levels of stamina.

Again, if you are already a runner, please ignore the jogging part of the program and proceed with the workouts, using your own running program instead rather.

So, are you ready to begin making this program a lifestyle choice that you can continue on after the 4 weeks are up?

Fantastic... Let's crack on!

Day 15

Cardio

- 5 Minute Warm Up – Gentle Walking
- 1 Minute & 30 Seconds Jogging
- 1 Minute & 30 Seconds Walking - Brisk
- 1 Minute & 30 Seconds Jogging
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- 1 Minute & 30 Seconds Walking - Brisk
- 1 Minute & 30 Seconds Jogging
- 1 Minute & 30 Seconds Walking - Brisk
- 1 Minute & 30 Seconds Jogging
- 5 Minute Cool Down – Gentle Walking

Workout

Rest

What... No workout?!

Well as I mentioned, this week is all about creating a long term maintenance plan that will fit with your life and your lifestyle, while still helping your riding.

Part of that long term plan is rest days... Hooray 😊

Day 16

Cardio

6 Km Brisk Walk | 3.8 Mile Brisk Walk

Workout

x3 Circuits

		<u>1</u>	<u>2</u>	<u>3</u>
Squats	X25			
Crunch & Leg Lift	X15			
Oblique Twist	X15 (Each Side)			
Crunches	X25			
Belly Twister	X15 (Each Side)			
Side Bridge	X15(Each Side)			
Plank	30 Seconds			
1 Minute Two Point Seat x2				

So why keep the walking program up, if we are supposed to be tailoring things to a specific lifestyle plan?

Well two reasons... Firstly, walking is a great way to boost blood flow and circulation in your body. This in turn helps with EVERYTHING else and I am willing to bet that by now, you have seen positive results from your daily 'stroll' begin to show up in other areas of your life. Things like your mood being more stabilized, your problem solving skills being 'super charged', to the mere fact that you are probably sleeping better at night.

Secondly... Remember that goal last week of running or jogging 3km... Hmmm, yes, it is still there and we are still aiming for it. So, please continue to make the time for your daily walk and if you can go up and down hills... Well, even better!

Day 17

Cardio

5 Minute Warm Up – Gentle Walking	<input type="checkbox"/>
1 Minute & 30 Seconds Jogging	<input type="checkbox"/>
1 Minute & 30 Seconds Walking - Brisk	<input type="checkbox"/>
1 Minute & 30 Seconds Jogging	<input type="checkbox"/>
1 Minute & 30 Seconds Walking - Brisk	<input type="checkbox"/>
1 Minute & 30 Seconds Jogging	<input type="checkbox"/>
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1 Minute & 30 Seconds Walking - Brisk	<input type="checkbox"/>
1 Minute & 30 Seconds Jogging	<input type="checkbox"/>
1 Minute & 30 Seconds Walking - Brisk	<input type="checkbox"/>
1 Minute & 30 Seconds Jogging	<input type="checkbox"/>
5 Minute Cool Down – Gentle Walking	<input type="checkbox"/>

So how are you finding the jogging? If you are anything like me, you may be struggling! But the point is to struggle a little... Not much, but enough that you can ‘feel’ you are reaching slightly beyond and out of your comfort zone.

When you are finished, you should be able to still hold a conversation. Yes, you may be slightly out of breath and ‘sucking wind’, but you should not be about to collapse. That is not what we are after, just that nudge out of the comfort zone... Please bear this in mind when you are jogging.

Workout

x3 Circuits

- Squats X25
- Donkey Kick x15 (Each Leg)
- Bridge x15(Each Leg)
- Crunches X25
- Lunge x15 (Each Leg)
- Leg Lift X25
- Plank 30 Seconds
- 1 Minute 2 Point Seat x2

<u>1</u>	<u>2</u>	<u>3</u>

Day 18

Cardio

6 Km Brisk Walk | 3.8 Mile Brisk Walk



Workout

Rest

So ideally from now on, you will workout 4 days a week, with three rest days. I would suggest doing two days workout, one day rest and two days workout, with then two days rest. However, if you feel like you still need to 'push' the workout a little, by all means, go ahead, but remember your body needs rest and it is up to you to provide it...

Day 19

Cardio

5 Minute Warm Up – Gentle Walking
1 Minute & 45 Seconds Jogging
1 Minute & 15 Seconds Walking - Brisk
1 Minute & 45 Seconds Jogging
1 Minute & 15 Seconds Walking - Brisk
1 Minute & 45 Seconds Jogging
1 Minute & 15 Seconds Walking - Brisk
1 Minute & 45 Seconds Jogging
1 Minute & 15 Seconds Walking - Brisk
1 Minute & 45 Seconds Jogging
1 Minute & 15 Seconds Walking - Brisk
2 Minutes Jogging
5 Minute Cool Down – Gentle Walking

Now we are beginning to up the work with our jogging. If you are finding it increasingly difficult to finish this set, rather go back a few days. Remember, this is for you... not for anyone else, so it is of paramount importance that you really enjoy yourself, or at least as best you can.

If you have gotten a chance to ride in the past few days, have you noticed any differences with you and your horse's performance? Can you control things a little better? Is your horse becoming more 'tuned in' as you begin to be more 'clear' in what you ask?

Workout

<u>x3 Circuits</u>		<u>1</u>	<u>2</u>	<u>3</u>
Squats	X25			
Crunch & Leg Lift	X15			
Oblique Twist	X15 (Each Side)			
Crunches	X25			
Belly Twister	X15 (Each Side)			
Side Bridge	X15(Each Side)			
Plank	30 Seconds			
1 Minute Two Point Seat x2				

What you should begin noticing, is that your horse is becoming more sensitive to your basic aids. The reason for this is because you are beginning to cut out all the ‘white noise’ and distractions that were normal for your horse to experience as you rode before.

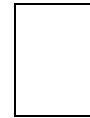
As you gain more and more control over your movements and become more aware of where and when you are using your aids, due to your increased muscle control, you are no longer ‘nagging’ your horse. Remember, before you began this, even if you were a competent rider, you would have still been making little movements as your body tried to balance and react to the movement underneath you.

Now you are more secure, balanced and aware... Meaning your horse is most probably really benefiting from the new, fitter you 😊

Day 20

Cardio

6 Km Brisk Walk | 3.8 Mile Brisk Walk



Workout

x3 Circuits

		<u>1</u>	<u>2</u>	<u>3</u>
Squats	X25			
Donkey Kick	x15 (Each Leg)			
Bridge	x15(Each Leg)			
Crunches	X25			
Lunge	x15 (Each Leg)			
Leg Lift	x15			
Plank	30 Seconds			
1 Minute 2 Point Seat x2				

Your cardio walks are a great time to pop on your earphones and listen to your favorite music, podcasts or Strides for Success!

Alternatively, you can plan your week, meals, riding; All the things that you rarely get time for in our busy schedules.

Begin to look forward to your walks. Block it out and make it 'me-time'. Then just load up your iPod and off you go.

Day 21

Cardio

5 Minute Warm Up – Gentle Walking

1 Minute & 45 Seconds Jogging

1 Minute & 15 Seconds Walking - Brisk

1 Minute & 45 Seconds Jogging

1 Minute & 15 Seconds Walking - Brisk

1 Minute & 45 Seconds Jogging

1 Minute & 15 Seconds Walking - Brisk

1 Minute & 45 Seconds Jogging

1 Minute & 15 Seconds Walking - Brisk

1 Minute & 45 Seconds Jogging

1 Minute & 15 Seconds Walking - Brisk

2 Minutes Jogging

5 Minute Cool Down – Gentle Walking

Workout

Rest

Wow! Look back at how far you have come...

You may be feeling tired but hopefully after this week you can begin to see where you can fit this sort of program into your everyday lifestyle, so that you can begin to make plans for next week and beyond.

See you tomorrow as we begin Week 4 of the 30 Day Rider Fitness Challenge where we will be focusing on actual riding exercises as well as touching on diet and how important it is to be aware of what we put into our bodies.

Go enjoy your evening and, well done! You have every right to feel proud of your achievement this far 😊