

welcome to the
STRIDES FOR SUCCESS

30 ✨ Rider
DAY Fitness
CHALLENGE

MAKE EVERY RIDE COUNT

www.stridesforsuccess.com

Week 5 & Beyond!

And here you are, flying past the finish post!

Well Done! What a fantastic job 😊

So you have finished your challenge, but in reality you are only just beginning on your journey to becoming a better rider.

At the end of this workbook, I have details of a special gift, from me to you...

However, back to this week and even though our challenge is technically finished, I think it is important to follow through, not only Day 30...

But also to day 60, 90, 120...

Remember, we started this challenge to 'kick-start' our bodies to get the most out of our time in the saddle. This you have done, however, now we need to begin maintaining this fitness and wellness level we have reached.

So after Day 30, on the last three pages of this workbook, I am **going to share with you some resources** you can use to help you keep on the right track, in both your fitness for riding and your new healthy lifestyle.

Also, we need to finish the 3km goal that we had set for ourselves, way back in Week 2.

Being three weeks in now, this goal is probably looking more and more realistic every day...

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.

So, let's continue on with week 5...

And, remember at the end of this, there is a special gift I have created just for you and other like you... Winners 😊

Day 28

So, continuing on with our goal of jogging that 3km... Are you ready to really ramp up your running this week?

As always, if you are really struggling, rather go back a little and find what is comfortable and do-able for you...

Cardio

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

If you are pushing yourself too much, the inevitable outcome is an injury or worse... Rather take longer, but get there in peak condition.

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			

As we mentioned in week 3, an ideal maintenance program for your workouts is 4 days a week, focusing on specific body parts in those workouts.

However, after 4 weeks of doing this particular workout, there are no hard feelings if you are getting a wee bit bored with it!

So, change things up a little. At the end of this workbook, after Day 30, I have included links to apps that can help you 'mix things up' a little, fitness and workout wise.

Go check some of them out and see if it is for you.

The other problem with continuing the same workout, week after week, month after month is that we are no longer pushing our muscles.

Just like us, our muscles and body needs to be challenged in order to grow.

Long Term Plans

As you can see with your cardio program, we are slowly cutting down the time spent recovering between runs, while at the same time increasing the length of time spent jogging and running.

What I would suggest doing from here is beginning to eventually cut out the walking between runs.

Initially just exclude one of the walking, and perhaps run for 3 minutes, and then slowly cut out other walking and increase the amount of time spent jogging each time.

To run 3km, 6 to 8 weeks is a pretty do-able goal to set. However this is also assuming you have a good level of basic fitness to start and that you are fit and healthy.

As always, do not push yourself to the point where you injure yourself, just enough that you can feel it, and are mildly uncomfortable. You should be able to hold a conversation, even if you are out of breath 😊

As I said at the beginning, sucking wind!

With regards to your workout, remember this challenge was designed for horse riding, so we did not do any work on our arms...

I would suggest that when you begin to create a workout that suits your lifestyle, begin to also incorporate some 'Arm Days' in there as well...

Bat-Wings be gone!

Also, at the end of the recommendations, I have included a special offer, just for you, for finishing... a little rewards gift from us!

Fitness & Workout Apps

Nike Running App

So good! This app basically tracks your walks or runs, both by plotting you on a map and letting you know your speed, distance and approximate calories burnt. It also allows you to 'share' your run, which is great for accountability, as well as participate in challenges.

5K Runner: 05 – 5km Run Training

This app will track your progress and allow you to slowly build up to 5km, telling you when to walk and when to run.

Fit Body - Personal Fitness Trainer App

This app gives you easy to follow workouts, to shake things up a little. I found it good, but pretty intensive!

Lift

This app allows you to set goals, not just in fitness, but the nice part is it reminds you daily to carry these out. You can also get motivation and support from others with similar goals.

Food and Diet Apps

Chemical Cuisine

This app is really handy when out shopping. Basically you can type in the name of additives that a food contains and it will give you the in's and out's on that particular one, so you can make a more informed decision.

Eat Slower

Basically you can set a timer as you eat and then savor each bite as you take it, with the aim of not having another until the timer is up. Sounds a wee bit silly, but works well and after a while, a new habit is formed 😊

My Diet Coach

This app allows you to track your food, calories and even gives you little rewards when you reach your goals. If you are looking to overhaul your eating habits, this may just help you do that.

Evernote Food

Ahhh, Evernote is brilliant and this app integrates with your current Evernote, however is specifically for food. You can photograph it, jot down ingredients, make a note of locations of restaurants or dishes... Perfect for keeping track of good food.

Epicurious Recipes and Shopping List

This app allows you to search recipes in lots of different ways and then create shopping lists around your chosen dishes. Very handy and cool!

Resources to Help Your Riding

Building from the fact that you have just proven to yourself how important consistency is in achieving your goals, why not begin applying the same consistency to your riding as well?

Daily Strides – Podcast containing daily riding instruction

At Strides for Success, we create audio horse riding lessons for you to listen to every day. Short, sweet and to the point, each lesson lasts 12 minutes, and follows on from each other, making a whole hour lesson every week.

Being a barn owner and riding instructor, I see daily how many people just saddle up and begin the monotonous task of riding rings around the arena, using tired old exercises and not really ever actually improving their riding.

We aim to break that cycle, by being the daily nudge you need to begin making permanent changes to your riding abilities... Oh, and even if you don't have a horse, Strides will help you by giving you a better understanding of what you need to do when you do go for your riding lesson.

So keep on reading... I did mention a special offer for taking the challenge...

My Reward to You for Doing So Well!

Well, as promised, I did say there was a special little something, from me to you, for completing the challenge!

Today, if you drop me an email to reward@stridesforsuccess.com I will send you an email with links to all of this current weeks lessons, including the Cool Down, free of charge!

Also, you do not need to own or have access daily to a horse to benefit from Strides for Success or enjoy your lessons.

You will have access to all the programs and the bundles for the week, to really put all your hard work over the past thirty days to good use.

So, drop me an email to reward@stridesforsuccess.com and I will get back to you with all the details!

Can't wait to chat then and remember, Make EVERY Ride Great!

Lorna