

Start Time	Time Blocks
7:00 AM	1h

Daily Schedule

February 3rd - March 3rd 2015

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Rest						Rest
8:00 AM	Rest						Rest
9:00 AM	Rest						Rest
10:00 AM	Rest						Rest
11:00 AM	Rest						Rest
12:00 PM	Rest	Mac Groundwork	Mac Groundwork	Mac Groundwork	Mac Groundwork	Mac Groundwork	Rest
1:00 PM	Rest						Rest
2:00 PM	Rest						Rest
3:00 PM	Rest						Rest
4:00 PM	Rest						Rest
5:00 PM	Rest	Maggie Lunge/ Groundwork	Maggie Lunge/ Groundwork	Maggie Lunge/ Groundwork	Maggie Lunge/ Groundwork	Maggie Lunge/ Groundwork	Rest
6:00 PM	Rest						Rest

Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	X	X	X	Yielding, moving hips, shoulders, backing, head down, moving out of space, following	Review	Review	Rest
2	Rest	Step up intensity of basics	Review	Add side-pass	Review	Review	Rest
3	Rest	Step up intensity again, with side-pass	Review	Add bowing cue, along with everything else	Review	Review	Rest
4	Rest	Step down intensity slightly	Review	Slow down more	Review	Lowest intensity	Rest

Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	X	X	Basic lunging, keep control of speeds, respect. Watch out for biting. 20 rounds trotting.	Review	Review	Rest
2	Rest	More intensity, 25 rounds trot. Add more stops.	Review	Add direction changes	Review	Review	Rest
3	Rest	Step up intensity again, 30 rounds.	Review	Add basic groundwork	Review	Review	Rest
4	Rest	Step down intensity slightly 25 rounds	Review	20 rounds, with groundwork	Review	Lowest intensity, only ground work.	Rest