



Weekly Training Log: The Thinking Rider

Rider name: Horse name:

My 2026 Theme: Week Commencing:

Day	The Win (one thing that went well)	The Variable (energy, weather, mood, etc)	The Focus (for the next ride)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

The weekly reflection:

What was the “lightbulb moment” of the week?

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Did I notice any recurring patterns in my horse’s behaviour or movements, or my own?

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What is the one specific question or topic I want to talk to my coach about in our next session?

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The “Thinking Rider” quick checklist:

- Did I prioritise the “why” over the “rules”?
- Did I meet my horse where they were?
- Did I turn a “dip” into a data point?