



## 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?

.....  
.....

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

.....  
.....

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

.....  
.....

### 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?