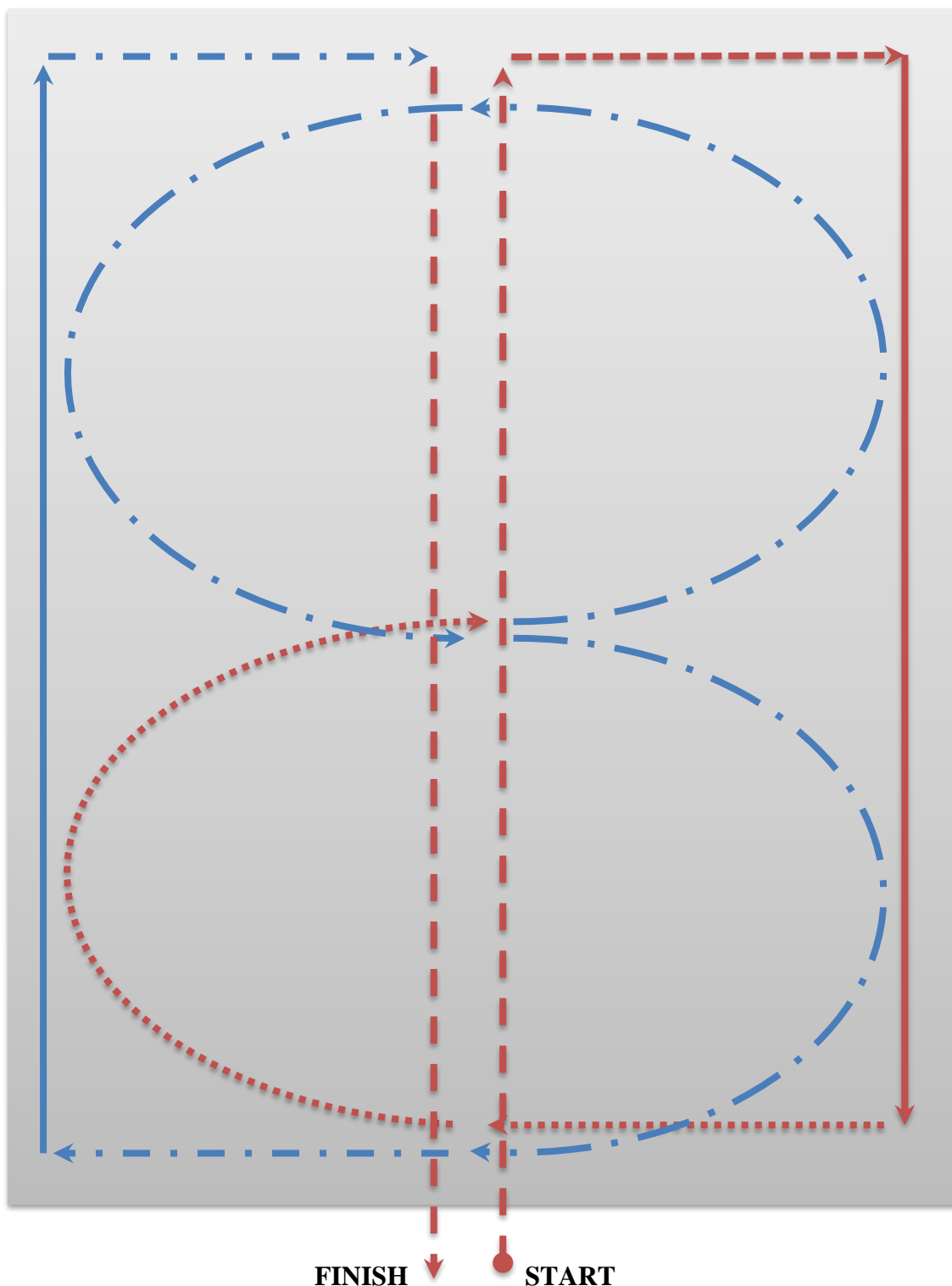


GRAND NATIONAL RIDER CLASS WORKOUT

Rider 17 – 21 Years, Rider 21 – 30 Years & Rider 30 Years and Over



KEY

- ⋯⋯⋯⋯⋯ Sitting Trot
- - - - - Rising Trot
- Lengthen Trot
- . - . - . Canter
- Lengthen Canter

Enter rising trot down the centre line and track right. Lengthen trot down the long side of the arena (sitting optional). Sit trot half a circle to the right. Pick up left canter and canter a circle, come through and change onto the right rein and canter half a circle to the right. Lengthen the canter down the long side. At the corner come back to working canter and exit at trot down the centre line.