

Day 1	
Morning Session	Forty-five minute private horse and rider evaluations with Allison or Craig. This will be a chance for Allison and Craig to watch, ride, and evaluate each horse and rider combination, both on the flat and over jumps.
Lunchtime	Photo critique - Allison and Craig share some of their favorite photos, using the photos to illustrate key points that will be reinforced throughout the week. Riders are asked to bring one or two of their favorite photos for analysis and comment. How to Jog Your Horse in Hand - One or two volunteers from among the riders will jog their horse in hand. Discussion will then center on how to best present a horse, whether for the vet at home or for the Ground Jury at a Three Day Event.
Afternoon Session	Semi-private lessons building on the morning sessions, emphasizing gymnastics and ride-ability over jumps.
Evening	Welcome dinner - relax and mingle!
Day 2	
Morning Session	Forty-five minute private sessions continuing to build on the previous day's work.
Lunchtime	Travelogue - Allison talks about her recent trip to Europe with her Advanced horse Arthur. Show Turnout - Learn the tricks of the trade used by top grooms to produce that winning look! Supervised practice including, braiding, quarter marks and general turnout.
Afternoon Session	Semi-private sessions applying gymnastics and ride-ability to riding lines and turns. Later this afternoon there is a demonstration ride. Watch dressage test rides with Allison and Craig, scored by dressage judge Amy McElroy -- See if your marks match hers!
Evening	Improve your mental game and get the added edge - Former top international event rider turned sports psychology consultant ,Abigail Lufkin, will discuss how to be mentally prepared to compete.
Day 3	
Morning Session	Thirty-minute private flat lessons in a small dressage ring working on a test of rider's choice. During the morning participants will also meet in small groups with Abigail Lufkin focusing on individual needs within the context of mental preparation for competing.
Lunchtime	

Afternoon Session	Top equine masseuse, Katylou Gray, will provide hands on discussion and explanation of her role in having top horses feeling their best. She'll have a chance to work with each horse briefly between today and tomorrow.
	Group sessions - Putting it all together - analyzing and executing a ride over jumping courses.
Day 4 Morning Session	Before the day ends Canadian Team Vet Dr. Christiana Ober will join us for a discussion of event horse soundness and maintenance.
Lunchtime	Cross-country school at George Gibbes' farm - a chance to practice over a schooling course that will blow your mind!
Afternoon/Evening	We'll pack a boxed lunch for everyone to eat at his or her leisure while at Gibbes. Then we'll head back to the farm and walk the jump course for the following day.
Day 5 Morning Session	Relax! Get your horse a massage, get yourself a massage! Go shopping for your horse, go shopping for yourself! Take a nap! Read a book! Chill!
Lunchtime	Rider's choice - Either continue to fine tune your dressage test of choice or continue practicing your jumping skills.
Afternoon Session	This final lunch serves as a last chance to be together as a group, a time to ask any questions you may have of Allison and Craig before heading over to the event to prepare for tomorrow.
	Walk the cross country course at Sporting Days Farm Horse Trials with Craig or Allison and get ready to compete tomorrow!