



## Is your routine a zombie?

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Some riders keep their routines around a little too long. So they become mindless, empty of meaning, without energy and all around deceased. You are following a set of steps to improve your performance but only going through the motions. Yep, you've got yourself a zombie routine.

In order to make your way back to the living, you need to ask yourself some questions.

### **Do you know what your ideal performance state is?**

This is that ideal mental, physical and emotional place from which you ride your best. If you haven't competed a lot, go ahead and use exceptional training sessions. This is the target state you will be aiming to create before entering the ring.

### **How about your horse's?**

You should also know what works best for your teammate. Is your horse better when relaxed and well worked or fresh and energized? Don't assume what will work for you will work for your mount.

What do you know about the type(s) of strategies that work best for you?

Hopefully at this point you have experimented with a few tools. Visualization, focusing statements, self-talk, cues and relaxation strategies.

### **Choose a simple formula and start experimenting**

Remember that routines are shortcuts that help guide you to the place you need to be: your ideal state. So don't get too complicated. Choose carefully, as each step of your routine should meet a need of you or your horse's. Some may do double duty, for example a process goal may calm both yourself and your horse during warm-up. Your self-talk can be designed to alleviate your show ring nerves and ultimately provide reassurance to your mount.

Want to share your pre ring routine for a chance to win a Riding Out of Your Mind EBook? Write your experience on Facebook: and I will enter you for a chance to win 5 FREE Ebooks.