

**ESA HOTY 2023**  
**Workouts for**  
**Intermediate Rider 12, 13 and 14 years**  
**And**  
**Intermediate Rider 15, 16 and 17 years**

1. Enter down centre line at rising trot
2. At centre sitting trot, turn left at short side around arena and across diagonal
3. Lengthen trot across diagonal (Optional sitting or rising)
4. At corner turn right and rising trot
5. Near Entry gate canter right
6. Canter 3 loop serpentine with 2 x simple changes
7. Continue to canter around arena
8. Lengthen canter along long side in front of Judges to centre of short side
9. Near Entry gate return to canter continue around arena and down centre line.
10. At centre rising trot
11. Turn right at Judges and exit arena

