‘Pick N Mix Top 40’

The Leisure team gives you a challenge to help us get through the short days.
Pick your challenge tasks in the columns and write your commitment in the boxes at the bottom of each column. The Challenge closes Friday 8th January 2027.

Entry: Members discounted £0, Non Members £20 payment by PayPal to: office@ihsgb.co.uk. Ref:pick n mix challenge.
This challenge works on trust to complete the tasks. Members can post their challenge tasks on FB members forum, non members can post and tag us into your posts. Any videos (especially Christmas videos) can be sent directly to leisure@ihsgb.co.uk
There will be rewards, the Leisure team will be watching you. Good Luck & Be safe.

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Name:

Pick 1 (Distance in Miles)	Pick 2	Pick 3	Pick 4
4 miles	1. Make a Christmas video with music and fancy dress-show your skills (ridden/in hand)	5,4,3,2,1 = 15 mins *e.g.* *5 mins Tolt, 4 mins Trot, 3 mins canter* *2 mins walk, 1 min Immobility* *Any combination of your choice.*	1. Walk for 40 seconds at a consistent pace.
8 miles	2. Make a mini podcast (50s) onto the FB Member's forum.	2. Canter 20m circles on both reins.	2. A figure of 8, in walk/trot/tolt, one handed.
12 miles	3. Sing or play a song/National Anthem whilst riding/in hand with your horse.	3. Sideways pole steps. Pole in between front & back legs.	3. A reverse figure of 8, in walk (backwards).
16 miles	4. Share a wise paddock or stable tip on the FB Member's Forum.	4. Create a course of at least 4 obstacles and complete it.	4. Drop and pick up your stirrups without looking. Can you walk without your stirrups? (Be safe).

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Pick 1 (Distance in Miles)	Pick 2	Pick 3	Pick 4
20 miles	5. Invite a non riding friend to meet you on or at the end of your ride/walk.	5. Play follow the leader with your horse.You or your horse can lead (in a safe environment).	5. All the 4's (Part A) Walk 4 strides Stop 4 seconds Walk 4 strides Repeat for 4 mins.
24 miles	6. Participate in Tolt online/a local competition/an online competition.	6. On the spiral, start with a 20M circle and 'spiral down to the centre).	6. All the 4's (Part B) Walk 4 strides Tolt 8 Strides Walk 4 strides Repeat for 4 mins.
28 miles	7. Write an article for Sleipnir about your experiences/hopes etc.	7. Tight spaces - Start with a wide space and gradually narrow for your horse to walk through. (Use two barrels or similar) Ask your horse to stand in the tight space.	7. All the 4's (Part C) Walk 4 strides Tolt 8 Strides Stand 4 seconds Trot 4 strides Canter 8 strides

Pick 1 (Distance in Miles)	Pick 2	Pick 3	Pick 4
32 miles	8.What's on your Bucket-List? Rides/walks/owning an Icelandic: Target milestone experiences such as riding/walking on the beach, hacking across open hill country or another target.	8. The 5-Step Back-Up (without Lead rope pressure) Start to walk with your horse, try to halt using your breath and body language, then ask them to back up 5 steps without touching the lead rope Now try this while riding, if you can.	8. All the 4's Make your own version, similar to No's 5,6 or 7 , in this column.
36 miles	9. Ride/walk an introductory dressage test.	9. Find a recipe and make some horse treats. Encourage stretches for the treats.	9. Teach your horse something new. A trick/immobility/ground tie/hand signal.

Pick 1 (Distance in Miles)	Pick 2	Pick 3	Pick 4
40 miles	10. Visit the FEIF website/World Fengur and learn something new. You can also visit World Horse Welfare, Education: How do horses learn? They have a quiz to complete. What did you find out?	10. HANDSHAKES – ride (or in hand) and 2 reins. Ride/walk towards someone. Meet & shake hands. At the same time turn a full circle, then ride away.	10. 4 massage sessions Or 4 full grooming sessions.
How many miles are you completing??	**Which 2 are you completing??**	**Which 3 are you completing??**	**Which 4 are you completing??**