

# ENDURANCE & CTR TRAINING GUIDANCE

Note: This guidance of how to train for a 40km ride is **guidance only**. It is only to give new riders an idea of what they can do to train their horse for endurance and CTR.

It is not a training programme approved for endurance and CTR.

## How to prepare for a 40km ride

When preparing to do endurance/ctr riding, it is important to condition your horse. Conditioning develops the horse's cardiovascular, musculoskeletal, and neurological systems. Bones take the longest and need several years of conditioning.

If your horse is new to the sport, it is recommended to ride them three to five times per week over three-months to prepare for a 40km ride.

If your horse has been competing at distances lower than 40km, this guidance is still applicable to move up to 40km.

The training is set for three to five times per week as your horse must be rested during the week. Rest is a critical component of the training schedule for any endurance/ctr horse.

It is recommended that your training sessions are about one hour each, with a longer, two-hour session once per week.

Do lots of walking in the first month, it builds leg strength. Moderate to strong walking helps build condition faster. Active walking uphill can be equivalent to canter work on the flat so build hill work speed up slowly.

Trotting and cantering are gradually added in. The trotting rhythm and balance are important to have before adding in cantering.

Add cantering once the horse correctly carries itself at the trot.

Dressage, lunge line and pole work is recommended to be incorporated into your training.

Remember to change diagonals when working to ensure muscles develop evenly on both sides.

Training time lengthens throughout the three-month period. Be careful not to over-train your horse.

Increase speed and distance incrementally and never at the same time.

Get used to checking your horse's heart rate and things the vet looks at as per our *Vetting Guidance*. This will help you to know if your horse is handling the training.

Don't forget that you should also have your own fitness programme to ensure you are fit and balanced for your horse. An unfit rider can place unnecessary burden on your horse.

At the end of your three-month period, if you have assessed your horse has handled the training session, CONGRATULATIONS!! You are ready to enter your first 40km ride!