

# Endurance riding

## The Ultimate challenge :

### « To finish is to win »

Endurance riding is the combination of one horse –one rider competition over a designated course , in the shortest time possible , with the emphasis on horse welfare !!

Endurance riding , it's at that time the faster growing up riding discipline in the world!!

Endurance riding is traditionally know to the ultimate challenge ! In this sport-supreme test of horsemanship for the knowledge of the rider , to bring his horse through a hard day riding over a long distance and variable types of terrain, without detriment to the horse's health and condition , proving his qualities of hardiness and endurance.

Endurance riders not only test the stamina of the horse but also the skills of the rider and the support crew.

Endurance riding is a test of discipline , stamina, fitness and patience!!



# History

Though the need to ride long distance has existed since the domestication of the horse, endurance riding as an organized activity was first United state based on European cavalry and breeding program test .

The modern sport of endurance riding really began in 1955 when the Tevis Cup in US , a one day 100 mile ride from Squaw Valley, Nevada to Auburn California, was first run in the step of Pony Express!



Since , the Tom quilty start in 1966 in Australia , in 1975 the 100 miles of Florac start in France , and in the beginning of 1990 the Endurance competition begin in the Golf , with a extraordinary support and interest from HH Sheik Mohammed bin Rashid al Maktoum from Dubai in this sport, produce one big interest from all UAE, BAHAREIN, and QATAR. This change the sport and increase the followings on all the world, the lattes countries to form part of the endurance's family is Malaysia, who host the 2008 world championship.

Endurance Riding is one of the newest and perhaps the fastest growing sport of equestrianism , enter in 1992 at the FEI with 77 CEI in 2000 and 708 in 2009 , second place after jumping !

# An Endurance Course

## **-THE COURSE**

The competition consists of a number of phases no phase may exceed 40 km and should, in principle, be not less than 20 km.

At the end of each phase, there will be a compulsory halt for veterinary inspection.

The type of terrain and altitude differentials must be clearly indicated in the schedule of the competition.

In principle, the course should not contain more than 10% of hard surface roads intended for vehicular use.

The finish must be long and wide enough to enable several horses to finish at speed without interfering with each other, and must provide sufficient run-out to allow competitors to safely come to a stop after crossing the finishing line in any potential sprint or gallop. It must be situated as close to the Vet Gate as possible.

## **- MARKING OF THE COURSE**

The marking of the course must be done in such a manner that there is no doubt on how to proceed along the course. The markings can be flags, ribbons, indicators, lime, paint etc.

A map in a scale should be available to competitors when the course is finalised  
Permitted Assistance During Event or On Course.

Competitors must have access to water on course at least every 10 kms.

## **-TIME AND RECORD KEEPING**

As timing plays such an important part in the competition, OCs must ensure that each competitor's start and finish time for each timed phase is accurately noted and recorded by properly qualified persons using synchronised timekeeping methods

Each competitor will be issued a time card or acceptable and reliable alternative for each event.

Time is counted from the instant the signal is given to start until the instant when a competitor crosses the finish line.

The veterinary gate system at compulsory halts must be used.

A competitor who fails to qualify for the next phase of competition or is disqualified for any reason must leave the course

## **-DEFINITION OF ENDURANCE EVENT**

**4 Star:** Senior Championships of a minimum of 160 km in one day, Junior and Young Rider Championships of a minimum of 120 km.

**3 Star:** All rides of 140 km – 160 km in one day.

**2 Star:** All rides between 120 km and 139 km .

**1 Star:** All rides between 80 km and 119 km .

minimum riding weight must be 75kg

## **-ELIGIBILITY**

### **Riders**

Any person from the year in which he/she reaches his/her 14th birthday and who is duly authorised by his/her National Federation is eligible to take part in all Endurance.

**Horses** must be at least 5 years old to qualify as Novices.

For CEIs 1-Star through 2-Star horses must be at least 6 years old to participate.

For 3-Stars horses must be at least 7 years old to participate.

For 4-Stars, CEIOs and Championships horses must be at least 8 years

## **-QUALIFICATION PROCEDURE & CERTIFICATES OF CAPABILITY**

Novice Qualifying: To be administered by each NF.

Successfully complete 2 rides of distances of between 40-79 km and 2 rides of between 80-90 km at speeds of 16 kph or under;

Riders and Horses must complete the requirements of this qualifying phase within a 24 month period to qualify to take part in FEI competitions.

### CEI Star Qualifying:

the Star system, beginning with a successful completion at the 1-Star level, thereby qualifying to move up through each Star category .

Star System Qualification for Riders will be for life.

Star System Qualification for Horses shall be valid for a period of 24 months.



## **-VETERINARY CONTROL**

The Veterinary Commission has absolute control on all matters concerning horse safety.

The decision of the Ground Jury taken on the direct advice of the official veterinarians is final and there can be no appeal against them.

The arrival time into the Vet Gate must be recorded and the horse must be presented within the presentation time according to these Rules and as confirmed in the schedule to the Veterinary Commission for inspection.

The compulsory halts are operated by establishing a vet gate with an inspection area that the competitors/grooms enter with the horse when they decide that the horse is ready to pass the veterinary inspection.

During this period, the horse must demonstrate its fitness to continue which is assessed upon three criteria: **pulse recovery, metabolic stability and gait.**

Once a horse has successfully passed the pulse control its timed hold, starting from the moment the horse was presented to the Veterinary Commission, continues for the stated period.

## **- VETERINARY INSPECTIONS AND EXAMINATIONS OF HORSES**

### **Horse Inspections:**

First Inspection:, it should take place on the day preceding the start of the competition together with the Ground Jury. It will be conducted according to the standards

for all inspections, to establish the horses' identity Heart Rate, Respiratory and gait..

-Vet Gate Inspection: The first inspection of the horse at the end of each phase.

-Vet Gate Re Inspection: If during the Vet Gate Inspection the horse's heart rate is higher than the parameters defined for that Inspection the horse may be presented a second time within the time allowed as defined.

-Final Inspection: The final inspection which takes place after the horse crosses the finish line of the competition. There is only one presentation allowed and must be within the time allowed as defined.

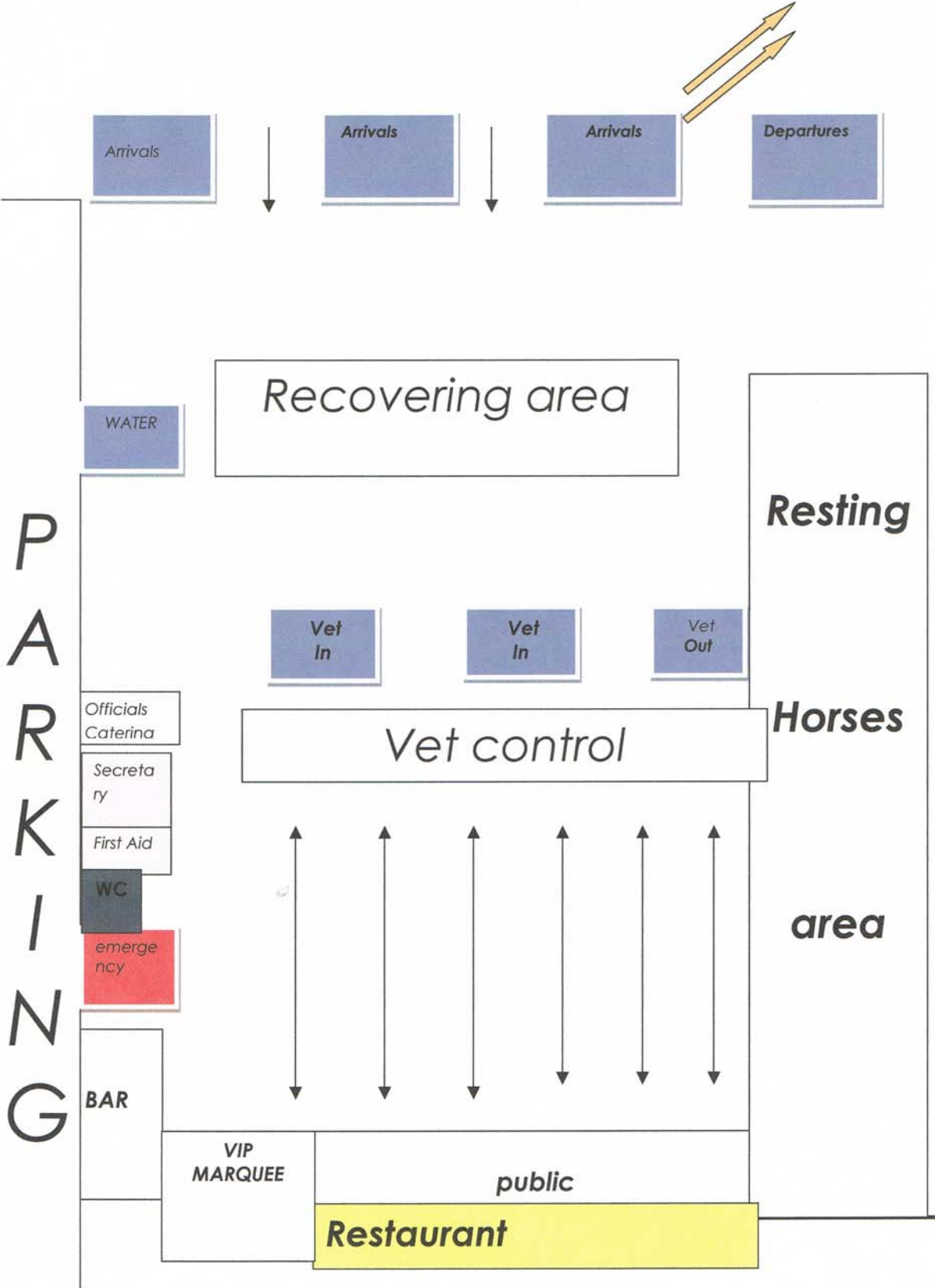
-Irregularity of Gaits:

At the first or the final inspection or any inspection during the course, a horse with an irregularity of gait; which must be consistently observable at trot.

### **Final Inspection**

To qualify for presentation to the veterinary commission at the final inspection the horse's heart rate must have attained 64 bpm or less within 30 min of crossing the finish line.

# Endurance Village



# Training Endurance horse

Training is any means whatsoever of helping to improve the way a horse moves and its athletic capacities. Training goes from training to physical preparation.

## -Novice horse

Training/Preparation (2 years)

For beginners up to horses that can run for 120 kilometres !

Aim :

Learning to work calmly, in a relaxed way, tighten slow fibre tissues (ligaments, tendons), improve the way the horse moves and its metabolism (metabolic stamina is a horse's capacity of sustaining efforts without suffering). It is acquired during the two years' preparation.

Stress and over-stimulation are the worst enemies of performance ; the horse must thus be given a routine.

There is no really specific way of **training** endurance horses ; they have to get into the habit of reacting to any circumstances they might have to face in their careers : learning to be led to be presented, getting into a horse-box, getting used to road and street traffic, to being roomed, to changes in their surroundings etc.

**Schooling** is necessary and must not be neglected. Schooling has a huge repertory, which, obviously, is not all necessary, nor even desirable. However, a horse should be able to act symmetrically enough to allow its rider to post in a right-hand as well as in a left-hand direction (not always return its rider on the same foot), stop, turn, gallop towards the right or left as requested. **That is basic schooling** ; the more polished the horse becomes, the more efficient is horse/rider co-operation, and the less energy different, and although some may move relatively spontaneously, others on the other hand have very jumping, tonic or collected gaits. Even if it is impossible to transform them totally, working out can always improve them.

**Working in a circle** should be carried out only moderately and occasionally. Striding in rotation thousands of times strains joints, and in any case the horses are going to move mainly in straight lines. The circle is a way of making the hips work and working on starting the gallop on the left or the right foot, it is not a means in itself

**The organism must be taught to live, not to survive, during the race.**

# Example of training

## Example of Training programme for novice horse

-Week 1 to 8 , riding 2 times per week 2 or 3 hours, Walking and 10 minutes trot and canter, and 1 time /week schooling 45minutes

**-Week 8 qualifier 40km (12 and 15km/h)**

-Week 9 rest.

-Week 10 to 12 , riding 2 times per week 2 or 3 hours, Walking and 10 minutes trot and canter and 1 time per week schooling 45minutes.

-Week 12 Qualification on 60km (12 and 15km/h)

-week 13 rest

-Week 13 to 17, riding 3 times per week 2 or 3 hours, Walking and 20 minutes trot and canter

**-Week 18 qualifier 80km ( 12 and 15km/h)**

-Week 19 and 20 rest

-Week 20 to 24 , riding 3 times per week 2 or 3 hours, Walking and 20 minutes trot and canter

-Week 25 , Canter work 20km in 1h 10 (18km/h)...

**-Week 27 competition 90km between 16 and 18km/h**





# Mature horse

**Physical preparation** of a trained horse, which has already learned the movements, (a light horse, which moves at the requested speed with good transitions), consists in its acquiring the necessary aptitudes for competitions, on all points : muscular, digestive and metabolic. It depends on the aim.

**Staying power resistance** is metabolic stamina plus a capacity for speed. Distance is not really a problem. It's relatively easy to run for 160 km at 12 km an hour. Doing it faster requires staying power resistance. In that case, training consists of one or two months for getting into the stride again, followed by working on galloping : technical work to improve movement, then one or two long physical preparation sessions per month, growing longer, culminating in a 3-hour uninterrupted gallop 5 weeks before the race (and soon a last session 2 weeks before it). The horse should gallop in the way people eat chewing gum : easily and automatically.

Between galloping sessions, the work consists essentially in **recovery and upkeep** (trotting) and **stretches** ( $\frac{1}{2}$  or  $\frac{3}{4}$  hour active walking in hilly terrain or deep sand, which should be begun when the horse has already warmed up). A working session **lasting less than one and a half hours is of absolutely no use** at this stage of preparation. Thus no sessions lasting less than one and a half hours are to be carried out. Short sessions are reserved for the schooling stage. In the last weeks before the race, our champions are subjected to **more pressure on their hearts** : uphill, bursts of speed, work on the sea shore ( the advantage of wet sand is that it has no elasticity, so the horse gets no passive help from the terrain, it has to push, it's the equivalent of several road gradients, whereas soft forest paths are very elastic and reduce the horse's work).

So before a big event, there is no preparatory race. Home training is more efficient, since parameters can be more easily controlled than in a race : the effort is more restrained, you can choose the terrain, a 3-hour gallop effectively lasts for 3 hours, whereas in a race, crossing difficult terrain means constantly changing gaits, and the maximum length of an unbroken gallop will be half an hour in three hours.

As to frequency of work : even at the highest level, riding every day is unnecessary.

# Example of training for a mature horse

## -Month 1

Ridind 3 times a week , ( 2 to 3 hours walking.little tro and canter)

## -Month 2:

Ridind 4 times a week , ( 2 to 3 hours walking. 1 per week schooling or dressage)

Every 2 weeks 1 canter work ( so 2 times on this month )

-First time 5 km trot , and 10km canter ( speed 18km/h)

After this 3 days off

-Second canter work 5km trot , 10km canter , 5km trot , 10km canter ( 5 days off)

## -Month 3

2 weeks after this training you can compet on 80 to 100km .

After the compétition you give 10 days off

And start again for 2 weeks just walking 3 time per week

then 30km in 1h40mm (18km/h)

10 days late ready to win 120km !!!

**Stéphane Chazel**

