



France's Patrice Delaveau and Orient express at the WEG2014

TRAINING TIPS

WALKING THE COURSE

Compiled by Khaled Assem

SUCCESSFUL SHOWJUMPING REQUIRES BASIC FUNDAMENTALS TO ACHIEVE HARMONY, SOME OF WHICH ARE DIRECTION, SPEED, IMPLUSION, BALANCE AND TIMING. THE RIDER REGULATES AND SYNCHRONIZES THOSE CONCEPTS DURING JUMPING A COURSE, YET STILL HE HAS TO HAVE A PLAN.

In a competition, fences are arranged in various ways: a double with one or two strides, a triple combination with an additional fence and a related distance between two fences counting three up to 11 strides. Generally, all the distances are based on a 3.7 m horse

stride, this applies for national and international competitions.

When walking the course

The rider walks the course to access direction approaching fences in straight lines or out of angles or corners which might affect impulsion. He regulates his

speed and measures distances in between fences whether in straight lines or in curves to find out the number of strides and accordingly access whether the distance is short or long so he would encourage his horse to shorten or lengthen his stride, (a transition that involves balance,

speed and impulsion) to reach the correct take off point (that manifests timing) and jump safely and effectively across.

The following table will allow the

rider to realize all the distances that he will face and experience. 🏠

Source of this article: FEI level 2 coaching book

About the author:
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Number of strides	TRAINING				COMPETITION	
	Trot to cross pole to a distance (straight) meters	Trot to cross pole to a distance (bending) meters	Canter pole to a distance (straight) meters	Canter pole to a distance (bending) meters	Fence to fence distance (straight) meters	Fence to fence distance (bending) meters
1	5.5-6.16 M	5.5-6.16 M	6.66 M	5.66-6.66 M	7.30 M	6.30-7.30 M
2	9.82 M	8.82 M	10.32 M	9.32 M	10.98 M	9.98 M
3	13.48 M	12.48 M	13.98 M	12.98 M	14.64 M	13.64 M
4	17.14 M	16.14 M	17.64 M	16.64 M	18.30 M	17.30 M
5	20.80 M	19.8 M	21.30 M	20.30 M	21.96 M	20.96 M
6	24.46 M	23.46 M	24.96 M	23.96 M	25.62 M	24.62 M
7	28.12 M	27.12 M	28.62 M	27.62 M	29.28 M	28.28 M
8	31.78 M	30.78 M	32.28 M	31.28 M	32.94 M	31.94 M
9	35.44 M	34.44 M	35.94 M	34.94 M	36.60 M	35.60 M
10	39.10 M	38.10 M	39.6 M	38.6 M	40.26 M	39.26 M
11	42.76 M	41.76 M	43.26 M	42.26 M	43.92 M	42.92 M