

## Training and Management.....

Most of you would know that I have been involved in endurance for 25 years and have always competed on my appaloosas, which is different from the accepted fact these days that “you have to get an Arab to do endurance”. Probably to WIN consistently, like in Noni’s case with her success topped off with winning the Bullio Cup last year, that is the case.

So much advice from people....Tom Perkins who became President of NSW ERA and had seven Shahzada buckles, told me to learn what is normal for your horse and once you have that set in your mind, you can pick when things aren’t right more quickly. Paul Grieves who achieved 14 Shahzada buckles said “it takes three years to make a good endurance horse” – don’t rush, there’s plenty of time.

Roy Holland was one of the vets at the first 12 Shahzadas - used to say “you just have to get up every morning and ride your horse” – sounds simple but probably the key to getting your horse ready to take on 20, 40, 80, 160 km rides and then of course, Shahzada. He also said to remind vets that your horse (in my case) trots out like an appaloosa, not like the 150 other horses that are Arabs that are at the ride.

There are people here today to talk about tack, strapping, shoeing or not, vets to guide you with a health plan for your horse, fitness for yourself and feed etc all of which relate to training and management so just a few additions from me but Noni has set up a great powerpoint presentation so will ask her to go through that and I will just add a few thoughts specific to my experience along the way.

Powerpoint.....Comments in blue are mine added to Noni’s presentation.....

Things to watch out for

The young horse

The First 40km - *Some things are different for other horse types.....appys need some sort of work each day if they are being fed – may just be a slow walk down the road for an hour or lunging.*

*Practice everything at home.....strapping - find out the tricks to lowering the heart rate which can be different with every horse.....teach your horse to lower head with a voice command. Strap after a ride at home as if you were at a ride. Teach your horse to pee on command.....guaranteed to bring HR down.*

*Book a night at your local showground and set up your yard and camp, stay the night after riding that day and in the morning so your horse first gets used to being away from home, in the metal yards, eating and drinking the same as at home.....helps build the horse/human relationship.*

*Routine, routine, routine.....feed the same away as at home – don’t add stuff at the ride like electrolytes.....feed them all the time so the horse has no change.*

*Take water from home to a ride.....gradually mix the ride water in but that familiar taste when they walk into the yard off the float is very settling. Take a small salt block for next to the water bucket.*

The Novice 80kms

Building a horse from amateur – elite

When you put the saddle on

Management of the body - Get a great saddle that fits your horse and is comfortable for you, make sure you are balanced

Woollen saddle blankets, fresh every leg

Good bridle, bit, breastplate – make sure they fit and the horse is comfortable

Great farrier

Great massage therapist/Osteopath

Things to remember

Change your diagonals.....really important to have the horse even on both sides

Training for marathons (MM included) needs a different approach.....get your horse used to going out the next day....shorter ride first day, 30kms approx the next day.

Teach your horse to eat on track and to drink from water puddles.