

NSWERA AGM RIDER FITNESS

Rough Outline

BEFORE we start - BALANCE DEMO TEST

Talk about stabilisation, balance and weaker sides of body- ref to horses leading legs.

CHERRY- as well as competing in Endurance horse riding i am an ex Australian Rep 800m track runner and i am well known in this sport or my running and especially my HIGH KNEES!

DEB introduction- International and FEI wins ect Marathon wins, pointscore, fitness industry for ___ years mother, gym owner ect

Endurance riding like any equestrian discipline is a partnership between horse and rider; you are a TEAM!

Throughout my years competing in endurance riding it has come to my attention that you do not need to be really fit to compete as there are not too many extremely fit people competing and they still do well. I personally like to be in top fitness to help my horse out as much as possible, especially when it comes to getting up mountains.

Riding steep hills requires a higher energy output, which causes horses to fatigue faster on sustained up hills. You can help out your horse a great deal by dismounting and walking, tailing or running with your horse.

Every horse has a different pace that they are comfortable going up and down different terrain. I have to be fit to make it easier for my mare (*Winter Hill Alice*). I will be off leading up a steep climb and I will have to get up there as quickly as possible, as I know she finds it easier to go quicker, and if I was to slow down that could cause her to lose momentum and trip. If you feel like you are unable to keep up with your horse you also have the option to 'tail' your horse up mountains.

TAILING- When you tail, you are pulling on the horses' tail with about 4.5-

6.5kg of weight. This allows the runner to increase the cadence of the footfall and relieve your horse from carrying your weight. A horse must be trained and comfortable with tailing.

POSSIBLE TAILING DEMO with DEB

However, if you decide to stay mounted just remember that your horse is sensitive to how you ride. They can feel subtle weight changes and tension so balance is very important as the horse will be re-balancing itself to adjust to how you are riding and the terrain they are facing.

One of the most important things is to get your alignment checked by a health professional and always receive medical clearance before starting a new exercise program. There is a huge amount we can do to improve our flexibility and fitness off the horse that will help the performance for you and your horse.

Horse riding is an isometric exercise as it uses specific muscles to stay balanced on a horse. Because of this, postural strength is very important. Practice good posture.

POSTURE DEMO HERE + BREATHING DEMO

Breathing correctly is important while exercising for many reasons, it helps with posture and the transporting of oxygen to help reduce fatigue to your muscles. (also Parasympathetic nervous system?)

Your abdominals and spinal erectors help stabilization and your thighs in particular are called upon to maintain a correct seat. Training should be focused towards strength, endurance and balance. Try doing supermans and other back related exercisers Swimming is also a good option. Many beginner and intermediate riders focus too much on abdominal strength and end up leaning forward in the saddle. Counter this tendency by exercising back muscles.

BACK EXTENSOR DEMO/ CORE EXERCISE DEMO

Leg Strength is important as underdeveloped leg muscles can result in injuries, particularly to the knees and lower back. Body weight squats, wall sit, swiss ball hamstring curls, single leg calf press and hip abduction and adduction with a resistance band are safe and effective.

SQUAT DEMO HERE

I ride bareback a lot as it will help with natural positioning and thigh strength. cardiovascular exercise is very important for an endurance rider. I recommend at least 3x 30mins of running, cycling or swimming per week.

I work in a gym so it's easy for me to fit in a workout. I do 2x strength sessions a week, 3x stretching sessions, 2x track sessions and one long slow distance run per week as well as all the miles I do horse riding.

It's important that you practise time management to fit in your workout sessions and also to prepare your food. I have learnt to fuel my body correctly; we must be fed well for excellence in exercise. Aim to eat good quality food that is unprocessed and still close to its natural state. It is all about moderation and balance. I always try to eat 5-6 meals a day to keep my metabolism firing whilst meeting my daily macronutrient requirements. (Protein, fats, carbs). I start my day with a big bowl of oats (complex carbohydrates) that is low GI giving me sustained energy (no my horse doesn't share this with me!)

Breakfast - Big bowl of oats or eggs and avocado in brown grainy bread.

Morning tea - handful of almonds and an apple

Lunch - Chicken, avocado and cheese on wholemeal bread/ wrap

Afternoon tea - peanut butter on cruskits

Dinner - 250g steak with potato and salad.

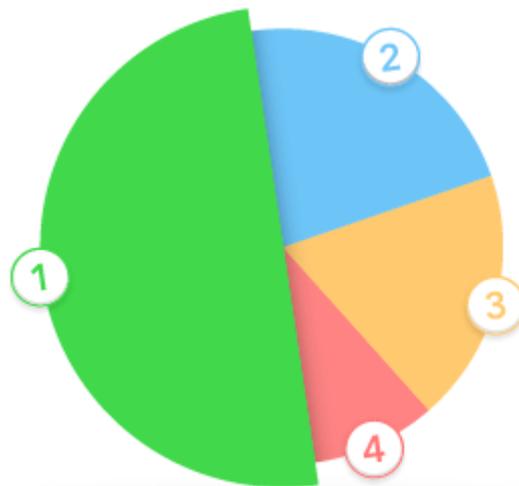
a rough ratio of 40 percent protein, 40 percent carbohydrates and 20 percent fats. Don't forget about water! Everyday we lose fluid so we must frequently replenish our bodies.

Dessert- Yes i am only human
Everything in moderation.

fluid intake to stay hydrated.

Try drinking 2-3 litres of water a day

Example of your day on a plate



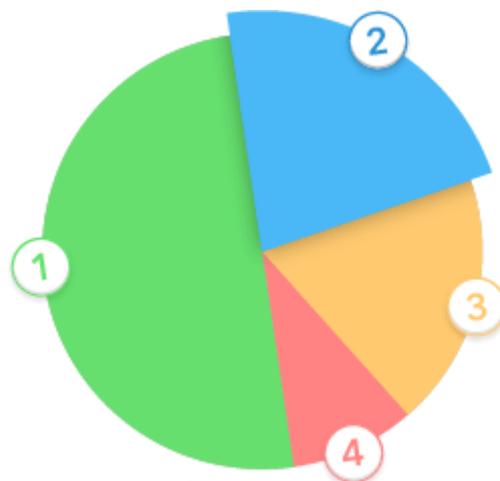
VEGIES & FRUIT

Fill half your plate with mostly non-starchy vegies & a little fruit. These provide volume and filling power for not many kilojoules, and they are packed with nutrients, fibre and phytochemicals our bodies need. With a low energy density and high nutrient density, they are worthy of the biggest space. Vegies are the one food group where you can pretty much eat as much as you like!

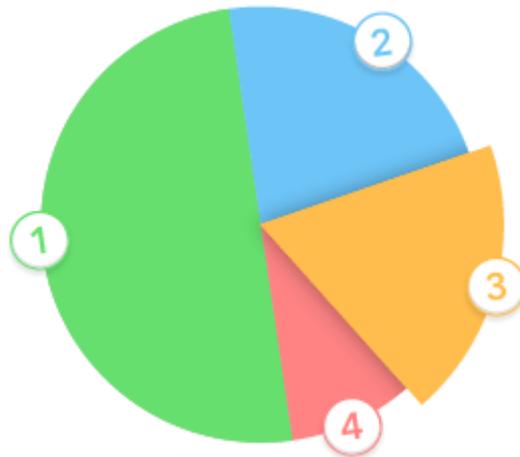
- Plant
- Protein
- Carb
- Fat

PROTEINS

Include a good serve of a protein-rich food such as seafood, meat, eggs, legumes, tofu or dairy. This will help you to manage your appetite and feel satisfied after meals. Spreading your protein out over the day may also help you to achieve a healthy body composition; preserving or building lean muscle while burning body fat.



- Plant
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- Carb
- Fat



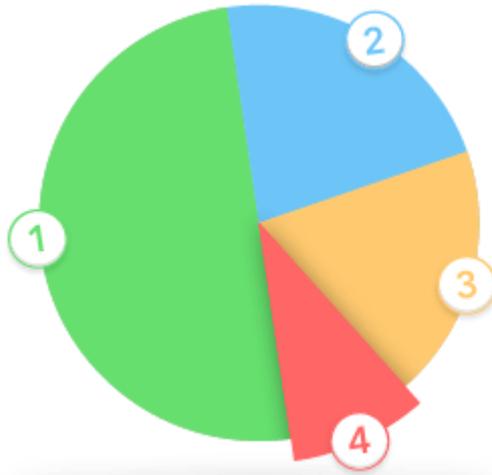
SMART CARBS

Add a modest portion of a smart carb such as a wholegrain, legume or starchy vegetable. These keep you fuller for longer, fuel your brain, give you energy to exercise & are fibre-rich for good gut health. Smart carbs are essentially minimally processed carb-rich foods so they retain their nutrients, and are slowly absorbed (low GI). These are the kind of carbs that will help you to get lean and/or stay lean!

- Plant
- Protein
- Carb
- Fat

GOOD FATS

Gone are the days of fat phobia! We need good fats such as those found in nuts, seeds, avocado & extra virgin olive oil. What we don't need are highly processed modern fatty foods. Good fats provide essential nutrients, are necessary for absorption of certain antioxidants, and just as importantly they provide taste, flavour and palatability to meals.



- Plant
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- Carb
- Fat

Set your goals, strive and achieve- your horse will thank you.