

How often should I ride?



Thursday 10.8.23

I remember asking the question when I attended a SMS saddle fitters training session with Gillian Higgins at Horses Inside Out some years ago. We discussed that a simple rule would be; no more than 3 if a 3 year old, no more than 4 if a 4 year old , no more than 5 if a 5 year old and never more than 6. We all need a day off! Taking into perspective the type and duration of the work versus certainly what our horse is capable of is also crucial.

Further to this, a presentation by Dr Rachel Murray, highlighted after a short session working over poles in hand the horse's muscles started to fatigue and you could clearly see joint instability occurring as a result. Rachel is an advocate of cross training for horse's so it was interesting to hear that Rachel's research showed that schooling your horse more than 3 times a week didn't necessarily improve your results. It's about keeping it varied and having the correct regime for your horse, they are all different.

My thoughts: endless circles are boring for everyone, certainly they are no good for their joints and recovery time after a strenuous session is important. Add into that the importance of well fitting tack.