

## FEI Endurance Level 1 course for coaches - Timetable:

| Day 1       |              |                                                                                             |
|-------------|--------------|---------------------------------------------------------------------------------------------|
| 09.00-09.15 | Meeting room | Registration of Coaches / Coffee on arrival (15min)                                         |
| 09.15-09.30 |              | Introduction and aims of the FEI Level 1 Coaching Endurance course (15min)                  |
| 09.30-10.30 |              | Role and skills of the Level 1 coach (1h)                                                   |
| 10.30-10.45 |              | <b>Coffee break</b> (15min)                                                                 |
| 10.45-11.45 | Meeting room | Endurance principles and rules (1h)                                                         |
| 11.45-13.15 | Arena        | <b>Practical:</b> Development of Balance (rider & horse) part 1 - 3 sessions of 30 min each |
| 13.15-14.00 |              | <b>Lunch</b> (45min)                                                                        |
| 14.00-15.30 | Arena        | <b>Practical:</b> Development of Balance (rider & horse) part 2 - 3 sessions of 30 min each |
| 15.30-15.45 |              | <b>Coffee break</b> (15min)                                                                 |
| 15.45-17.15 | Meeting room | Horse Management (1h30)                                                                     |
| 17.15       |              | Summary of the day and end of the day                                                       |
| Day 2       |              |                                                                                             |
| 09.00-09.15 | Meeting room | Introduction and aim of the day (15min)                                                     |
| 09.15-10.00 |              | Mental Fitness of the Athlete and Horse (45min)                                             |
| 10.00-10.45 |              | Motivation of the Horse & Athlete (45min)                                                   |
| 10.45-11.00 |              | <b>Coffee break</b> (15min)                                                                 |
| 11.00-11.45 |              | Physical Fitness of the Horse & Athlete (45min)                                             |
| 11.45-13.15 | Arena        | <b>Practical:</b> progression of riding exercises - 3 sessions of 30 min each               |
| 13.15-14.15 |              | <b>Lunch</b> (1h)                                                                           |
| 14.15-15.45 |              | <b>Practical:</b> progression of riding exercises (continued) - 3 sessions of 30 min each   |
| 15.45-16.00 |              | <b>Coffee break</b> (15min)                                                                 |
| 16.00-17.00 | Meeting room | Skill development of the Athlete and Horse (1h)                                             |
| 17.00-17.45 |              | Assigning coaching practice tasks and use of session <b>planners</b> (45min)                |
| 17.45       |              | Summary of the day's sessions                                                               |
| Day 3       |              |                                                                                             |
| 09.00-09.15 | Meeting room | Introduction and aim of the day (15min)                                                     |
| 09.15-9.45  |              | Theoretical explanation of Vet Gate (30min)                                                 |
| 9.45-10.45  | Arena        | <b>Practical:</b> Endurance - Vet Gate - 1 session of 1h                                    |
| 10.45-13.00 |              | <b>Practical:</b> Endurance - Coaching practice - 3 sessions of 45 min each                 |
| 13.00-14.00 |              | <b>Lunch</b> (1h)                                                                           |
| 14.00-16.15 | Arena        | <b>Practical:</b> Endurance - Coaching practice - 3 sessions of 45 min each                 |
| 16.15-16.30 |              | <b>Coffee break</b> (15min)                                                                 |
| 16.30-17.15 | Meeting room | Clean Sport (45min)                                                                         |
| 17.15-17.45 |              | Assigning coaching practice tasks and use of session <b>planners</b> (30min)                |
| 17.45       |              | End of the day                                                                              |
| Day 4       |              |                                                                                             |
| 09.00-09.15 | Meeting room | Introduction and aim of the day (15min)                                                     |
| 09.15-10.15 |              | Methodology of Training (1h)                                                                |
| 10.15-10.30 |              | <b>Coffee break</b> (15min)                                                                 |
| 10.30-12.45 | Arena        | <b>Practical:</b> Endurance - Coaching practice - 3 sessions of 45 min each                 |
| 12.45-13.45 |              | <b>Lunch</b> (1h)                                                                           |
| 13.45-16.00 |              | <b>Practical:</b> Endurance - Coaching practice - 3 sessions of 45 min each                 |
| 16.00-16.15 |              | <b>Coffee break</b> (15min)                                                                 |
| 16.15-17.45 | Meeting room | Practice and competition, Tactics - Average speed (1h30)                                    |
| 17.45       |              | End of the day                                                                              |
| Day 5       |              |                                                                                             |
| 09.00-12.00 | Outdoor      | Practical 20km training ride (3h)                                                           |
| 12.00-12.30 |              | Debrief of the ride (30min)                                                                 |
| 12.30-13.30 |              | <b>Lunch</b> (1h)                                                                           |
| 13.30-14.30 | Meeting room | First Aid, Open Book assessment & Logbook (1h)                                              |
| 14.30-16.00 |              | Debrief overall coaching feedback + Evaluation of the course (1h30)                         |
| 16.00       |              | End of the course                                                                           |