**The Rider as an athlete**

**1.**

**2.**

* Presentation of the teacher
* My Connections to the topic.
* What do we know about regular riders training habits?
	+ Often stiff from rigid motions.
	+ «Everybody knows that training is healthy»
	+ Not time
	+ Not relevant – not funny
* Factor that influence the performance of the rider:
	+ Sleep -7-8h
	+ Sosial
	+ Nutrition
	+ Training
	+ Mental
* Questions to the students:
	+ Do you do any other kind of training than riding? If yes, what kind of training and how do you think it will affect your performance? In what way do you treat yourself as an athlete? Do you expect your riders to treat themselves as athletes?

**3.**

Do you think the people in the pictures only train «their» sport?

What is expected from a rider?

The riders position is a key factor in all riding, rider must always be able to blend in with the horses centre of gravity and be balanced. The main task of the rider is to time his aids so that they are the correct ones, applied in the correct time and with suitable force based on the situation at hand and the horse’s response.

To achieve a steady performance over time, the rider must be fit for riding.

Top level riders do a lot of unmounted training. All federations say that training is a important part of developing as a rider.

A lot of schools do test of their riders from time to time. Still the main part of the riders does not train regularly and specific to develop their riding skills.

**4.**

This is from the curricula in the topic Riders performance that involves in my part: The riders as an athlete.

Now I will shortly guide you trough the principles of training in the context to you as an athlete in the sport riding.

I have changed the order to make it easier to see the value of this for you as an rider.

**5.**

* How an athlete executes a given task – in a certain control, flow and rhythm= key factors that determine the quality of the technique.
* Long lasting task – good techniques are able to perform over time using a minimum energy.
* Acquiring a good technique is done through 100000 of repetitions/hours training.
* Affected by physical, mental and coordinative abilities, is crucial to obtain success
* Training to increase technique:
	+ Adjusting new technique
	+ Rough coordination
	+ Detailed coordination
	+ Automatization
	+ Adaption to change

**6.**

* Ability to make suitable choices, choosing the correct action depending on the task.
* Important to pre-plan the tactic, but important to have a plan B depending on the developing of the competition.
* Choice of action – the amount of time available for deciding affects the choice.
	+ More choice – seems like only one obvious when it is action. No time to consider when you are in a course or in the dressage test, you need to feel the right action.
	+ Abel to read the situation –experience
* Repertoire of techniques, bigger is better:
	+ More choices of action
	+ More time available to choose
* The athlete does not need to pay attention, better overview, more choices.
* Called – Technical-tactical skills.
	+ Information during the ride
		- The jump off point affects the distance between the fences.
		- Spooks – need to keep my legs around the horse
		- Other riders choose different lines
* Two types of feedback: Own perception of consequences of actions, feedback from the trainer

**7.**

* Trait = an expression of the combination of genetic potential for performance (body composition, conformational traits, the will to win, stamina, and sense of rhythm)
* Traits is the basis of skills, and they are expressed when we perform various activities.
	1. Skills= Techniques and performance the athlete archives.
	2. General Basic training = develop physical, mental, coordination and social level. Training improves performance in both sport and everyday
	3. Sport specific = developing specific skills needed to perform in a specific sport.
* All part of training contains: stamina, strength, mobility, suspention, speed, coordination and mental traits.
* Important from childhood.
* Improving strength and coordination in the stabilizing muscles is a natural part of basic training for all sports.
* Specific – should imitate the actual sport. Chose tasks that challenge and stimulate the required coordinative skills for your sport .
* **So what are the skills for riding??**

**8.**

* Training is defined as a systematic challenge of the body over time to improve traits that is crucial for the ability to preform.
* Key factors for performance:
	+ Physical traits
	+ Mental traits
	+ Coordinative skills
	+ Social skills
	+ Technical skills
	+ Tactical skills
	+ Environmental factors
* Planning of training – the work you do to structure your training process based on your physical assumptions.
* Requirements analysis - take a deep look into which factors in your sport that leads to good performance
* Capacity analysis – the athletes level in each of the factors from the requirements analysis
* All people have different body confirmation – you need to know your strength and weaknesses – and how to use them smart.
* In riding it is difficult to define the factors who lead to good performance because it is a lot of varying factors: the size of the horse, the horses gaits, the riders anatomy, the tension of the horse and the rider etc

**9.**

* The body and mind must be given time to prepare to go from resting to an active working phase.
* Enchase the ability to perform physically and mentally
* Prevents injury – blood and tissue fluids flows more easily
* Muscles, joints, ligaments and tissue becomes more flexible
* Interaction between muscles and tissue is enhanced
* Positive regulation of tension in the body
* Increasing ability to focus
* 10-15min, includes stretching of the body to prepare joints and nerves for the physical strain (hips, seat, tights, Achilles, shoulders and neck
* Is it necessary to warm up more than together with the horse? Why?

**10.**

* The ability to endure fatigue during physical activity and the ability to perform physically demanding work during an extended period.
* Aerobe and anaerobe. Riders are aerobe.
* Benefits:
	1. Handle everyday life better
	2. Improving motivation, mood and performance
	3. Increasing stamina in the muscles
	4. Decreasing the resting heart beat
	5. Better respiration
	6. Overall increasing in energy and well- being.
* 60% of the maximum heart beat (220-age), 30min x 3pr week. Work out, running, biking, swimming, skiing or hiking.
* Is this important for the riders, why?

**11.**

* Impulse from the central nervous system to the muscles. The message from the CNS is transmitted to the muscles fiber, though nerve-impulsion that causes the fiber to react. Several muscles fibers are connected to the same nerve-ending, and when several fiber contracts at the same time it is called a muscle contraction.
* Divided to:
	+ Maximal strength – the force a muscle or groups can obtain through slow movements
	+ Explosive strength: Ability to quick gain force
	+ Muscular stamina – ability to repeatably developing certain levels of strength
	+ Dynamic force – ability to develop maximum force either in contracted or stretched position
	+ Static strength – ability to apply force without movement in the join that is connected to the given muscle.
* All everyday activity require some muscle strength
* Positive effect:
	+ Increase the neuro muscular effect through better activation of muscles, better control of motions and improvement in the technique.
	+ Tendons and ligaments are strengthened.

**12.**

* Ability to flex joints. Not the same as suppleness (needs coordination), but suppleness depends on mobility.
* Make a test with the candidates:? Squad to stand, do they look the same? Why/why not??
* Is the key factor in all sports, is the foundation of the individuals ability to perform tasks with good technique, and the best possible performance.
* *Lack of mobility increases risk of injury. Gives non-functional posture.*
* *Joint – by –joint. Mobility/stability. Problem in one joint shows up as a pain in another joint. Compensate.*
* *As the spine moves to compensate for the lack of strength and mobility of the hip, the hip loses mobility. It appears that lack of strength at the hip leads to compensatory motions at the spine. The end result is a kind of conundrum: a joint needs both strength and mobility in multiple planes. The joint that need mobility need motions. From: Michel Boyle, Advances in Functional Training.*
* Stretching – increase the blood flow in the muscles, release tension = increase the mobility. Stretching: active, passive and contraction
* The tension is different from person to person, stretching, Pilates and yoga will increase the riders ability to relax and be supple. Stress, fear.

**13.**

What do you see?

Is this the same as we look at first? Is the problem mobility or strength? Or both?

**14.**

* Ability to jump high or far.
* Not a important factor in all sports, BUT we need it in everyday work to:
	1. Develop force fast
	2. Explosive strength in leg mussels
	3. Strengthens the ligaments
	4. Motivation, will, concentration and self esteem.
	5. Reaction
* The neuromuscular conditions gets better:
	1. Activation of muscular
	2. Increase frequency of neurotransmitters in the spinal cord
	3. Better control of muscles

Better technique

**15.**

* Ability to adapt muscular activity in relation to other muscular or physical surroundings.
* The ability to cope with new techniques or equipment depends on the athletes coordination ability.
	+ Solve new challenges faster, more effectively
	+ Perform tasks more rationally
	+ Increase work techniques
	+ Improve concentration and reaction patterns
* The senses below are all involved in all motions:
* Sens of Equilibrium: In the ear. Speed and direction
* Vision: Judging distance
* Sensory organs in the joints: Keep track of the position of the joint, how fast it moves and in what position. Faster observations and actions than vision
* Coordination is developed through:
	+ Motoric programs: more variations the body has experience, more alternatives for later situations. Arm easier then leg. Adding speed makes it harder. Known motions easier than unknown.
	+ Motion experience: the result of motor skills from the beginning.
	+ Traits correlated to coordination consist of:
		- Balance (obtain and retain equilibrium)
		- Rhythm (repeated motions in all sport)
		- Space orientation (controlling the direction of the motions)
		- Reactions (ability to respond to a stimulus)
		- Hand/feet coordination
		- Adapting correct amount of force

**16.**

Key word:

 Coordination

 Strength

 Stamina

 Self confidence

17.

This is the same rider 2,5 month later, after 3 times a week training with same exercises as you got today.

**18.**

* How is it possible to blend this knowledge in to a riding lesson?
* Connect it to the fact of training principles and the wish to develop as a rider, in the same way as all other athletes.
* A lot of riders «have no time» to do other kind of training than riding. So then you don’t have time to be a better rider.

**19.**