

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		Coffee break (15min)
10.45-11.45	Meeting room	Endurance principles and rules (1h)
11.45-13.15	Arena	Practical: Development of Balance (rider & horse) part 1 - 3 sessions of 30 min each
13.15-14.00		Lunch (45min)
14.00-15.30	Arena	Practical: Development of Balance (rider & horse) part 2 - 3 sessions of 30 min each
15.30-15.45		Coffee break (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		Coffee break (15min)
11.00-11.45		Physical Fitness of the Horse & Athlete (45min)
11.45-13.15	Arena	Practical: progression of riding exercises - 3 sessions of 30 min each
13.15-14.15		Lunch (1h)
14.15-15.45		Practical: progression of riding exercises (continued) - 3 sessions of 30 min each
15.45-16.00		Coffee break (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 planners (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	Practical: Endurance - Vet Gate - 1 session of 1h
10.45-13.00		Practical: Endurance - Coaching practice - 3 sessions of 45 min each
13.00-14.00		Lunch (1h)
14.00-16.15	Arena	Practical: Endurance - Coaching practice - 3 sessions of 45 min each
16.15-16.30		Coffee break (15min)
16.30-17.15	Meeting room	Clean Sport (45min)
17.15-17.45		Assigning coaching practice tasks and use of session planners (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		Coffee break (15min)
10.30-12.45	Arena	Practical: Endurance - Coaching practice - 3 sessions of 45 min each
12.45-13.45		Lunch (1h)
13.45-16.00		Practical: Endurance - Coaching practice - 3 sessions of 45 min each
16.00-16.15		Coffee break (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		Lunch (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