

Distances for Jumping Exercises

These distances are guidelines for training purposes. It is better to make them too long than too short and they are for normal length strides rather than shortened or lengthened ones. It's important to train your eye as distance charts are no substitution for being able to see what is actually happening. Remember that as the fences are raised; the distances will need to be adjusted accordingly.

Distances in training depend on:

- The size of the fences
- The horse's length of stride
- The education of the horse
- The rider's ability to establish a good canter

All Distances are for horses 15.2h and over		Feet	Metres
Approaching in trot			
Trotting poles	Min	4	1.2
	Max	5'6"	1.7
Place pole in front of fence			
	Max	10	3
Place pole after fence	Min	10	3
Approaching in Canter			
Canter poles	Min	9	2.7
	Max	11	3.4
Place pole in front of fence	Min	10	3
	Max	11	3.4
Place pole after fence (1)	Min	10	3
Between Fences			
Approaching in canter			
One stride	Min	21	6.4
	Max	24.5	7.5
	Max	36	11

Three strides	Min	15	45	13.7
	Max	16	48	14.6
Four strides	Min	19	57	17.4
	Max	20	60	18.3
Five strides	Min	22	66	20.1
	Max	24	72	22
Between bounce fences				
Bounce	Min	3 ½	10	3

1) Do not place a pole after a fence for novice horse or rider.

2) If you approach in trot the distance between the first and second fence may need to be shortened by up to 3 feet.