

Suggested Distances for Trot Poles & Basic Gymnastics from TheRidingInstructor.net

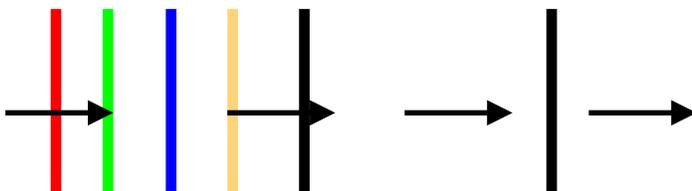
Note: If this is helpful and you want to keep these distances handy, screen shot these sheets to make them available on your phone

Horses and ponies have a huge variety of stride lengths that are not always determined by their sizes. These distances on this sheet are suggestions only. To determine the stride of your horse, start the gymnastic with poles on the ground at the paces you will use and make the necessary adjustments for the individual horse or pony.

These particular gymnastics are intended for trot through the poles, picking up canter upon landing over the first jump. A trot to canter distance will normally be shorter than a canter to canter distance.

**Suggestion: keep jumps low. When there is a range, try the shorter distances first.*

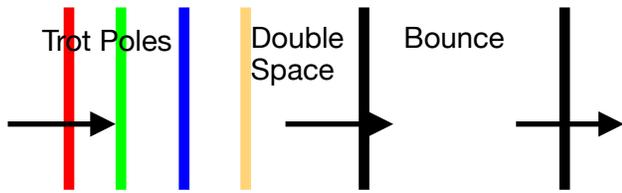
Distances between trot poles:



Average Horse	4'6" (1.40 m)
Large Ponies, Small Horses	4' (1.20 m)
Small ponies	3' (1 m)

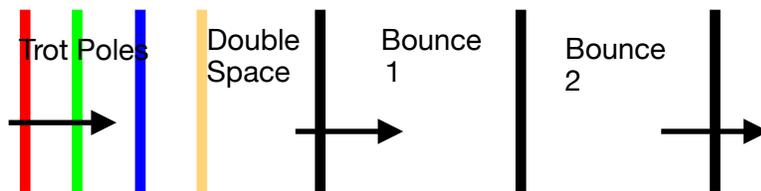
Distance between last trot pole and jump = trot pole distance X 2

- **Trot Poles to a Bounce (no stride). Keep bounces low**



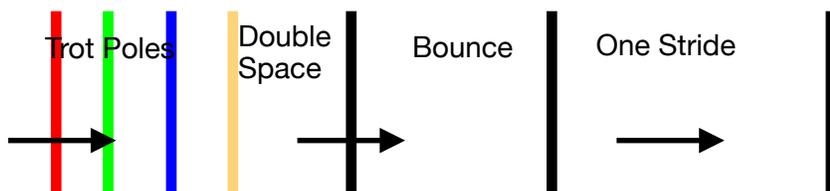
	Bounce	Bounce Height
Horse	9'6" (2.90 m) -11' (3.35 m)	maximum height 2'9"(.84 m)
Lg Pony/Sm Horse	9' (2.75 m)- 10' (3.05 m)	maximum height 2'6" (.76 m)
Md/Sm Pony	7' (2.13 m) -8ths ' (2.45 m)	maximum height 2' (.61 m)

- **Trot poles to a bounce to a bounce - see maximum heights above**



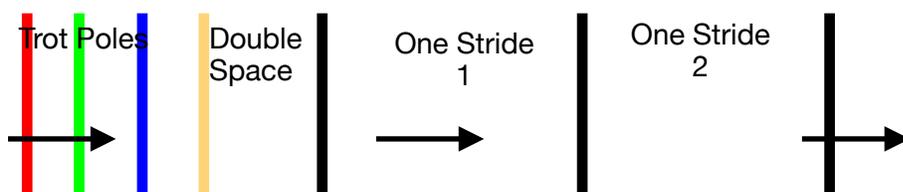
	Trot Poles	Double Space	Bounce 1	Bounce
Horse	4'6" (1.37 m)	9' (2.75 m)	10' (3.05 m) -12' (3.66 m)	10' (3.05 m) -12' (3.66 m)
LP/SH	4' (1.22 m)	8' (2.45 m)	9' (2.75 m) -10' (3.05 m)	9' (2.75 m) -10' (3.05 m)

• Trot poles to a bounce to a one stride



	Trot Poles	Double Space	Bounce	One Stride
Horse	4'6" (1.37 m)	9' (2.75 m)	10' (3.05 m) -12' (3.66 m)	18' (5.50 m)
LP/SH	4' (1.22 m)	8' (2.45 m)	9' (2.75 m) -10' (3.05 m)	17' (5.20 m)

• Trot poles to one stride to one stride



	Trot Poles	Double Space	One Stride 1	One Stride 2
Horse	4'6" (1.37 m)	9' (2.75 m)	18' (5.50 m)	20' (6.10 m) -21' (6.40 m)
LP/SH	4' (1.22 m)	8' (2.45 m)	17' (5.20 m)	18' (5.50 m) -19' (5.80 m)

- Trot poles to a one stride to a two stride



	Trot Poles	Double Space	One Stride	Two Stride
Horse	4'6" (1.37 m)	9' (2.75 m)	18' (5.50 m)-21' (6.40 m)	30' (9.15 m) -33' (10.05 m)
LP/SH	4' (1.22 m)	8' (2.45 m)	16' (4.88 m) -17' (5.20 m)	30' (9.14 m)

Canter Poles

No stride between poles

7' (2.10 m) - 8' (2.50 m)- begin with two for adjustment.

Ponies require a shorter distance

Placing Pole (in front of jump)

Trot

Average Horse 9' (2.75 m)

Large Ponies, Small Horses 8' (2.45 m)

Small ponies 6' (1.83 m)

Canter

Average Horse 8'6" (2.60 m)- 10' (3.05 m)

Large Ponies, Small Horses 8' (2.45 m) - 9' (2.75 m)

Small ponies 6' (1.83 m)