

PONY CLUB TETRATHLON

SHOOTING

Beanies	Tadpoles	Minis	Juniors	Intermediate & Open
Age 7 and under	Age 9 and under	Age 11 and under	Age 14 and under	15 and over
Beanbag throw	2 handed static targets	2 handed static targets	One handed turning targets	One handed turning targets
3m	7m	7m	7m	10m

TRAINING:

- Usually, when not in lockdown we have training with Dave Hallam on a Monday evening.
- Training at home should involve strengthening and stabilising your arm.
- This can be done by getting a weight or even a small bottle of milk (something that is similar weight to the gun you use), hold the weight as you would if going to shoot and see how long you can hold that position for or replicate the movements whilst saying the commands that you would hear during competition to develop muscle memory.
- Commands for static targets - "Are you ready? Aim. Fire."
- Commands for turning targets - "Are you ready? Watch. Shoot.
- Whatever training you do with one arm you **must** replicate on the other side to release tension.
- For beanies, either aim at a place on a wall similar to the height of what your target would be or draw a target in a large piece of cardboard, practise repeatedly throwing a bean bag from 3 meters so you can practise technique and get a routine that you can replicate in competition.

SOMETHING TO AIM FOR:

Shooting is the phase which requires the least physical efforts so you want to gain as many points as possible. To be on a strong competitive position you want to be trying to shoot at least 800.

SHOOTING TECHNIQUE:

Explained for someone who shoots with their right hand it is the opposite if shooting with your left hand!

- Triangulate your feet so that you have a stable base with your right hand facing toward the target.
- Hold your arm as if you were aligning your sights. If you look down to the floor you should be able to just see the inside edge of your right foot.
- When you line up your arm before picking up your pistol

- When you line up your arm before picking up your pistol you may feel you aren't completely inline with the centre of the target you can move your left foot forwards or backwards.
- Moving it forward will move your arm to the right and moving it back will move your arm to the left.
- Don't grip the handle you should fit in the grip.
- Don't pull the trigger only squeeze it using the tip of your index finger.

Tetrathlon Riding

Ride Courses						
Age group	Tadpole ¹ (7 years and under)	Mini mini ¹ (9 years and under)	Minimus (11 years and under)	Junior (14 years and under)	Intermediate ² (15-25 years)	Open ² (15-25 years)
Fence height	40cm	60cm	80cm	90cm	100cm	100cm
Speed	Not timed	Not timed	Not timed	450mpm	475mpm	475mpm

1. Tadpole and mini mini jumping courses are at organisers discretion, most will organise a showjump / working hunter type course
2. Open is same height as intermediate but more technically challenging. Intermediate is there as a transition between junior and open.

Key info about the ride phase

- You start with a maximum of 1400 ride points. Points are deducted for jumping penalties, taking an L fence, errors on course and time penalties. 1400 ride scores are much sought after..
- Jumping penalties are 60 penalties for first refusal, 100 for second refusal and retirement for third refusal
- Jumping the L fences incurs 70 penalties. Walk the course carefully and note where they are. Taking the L instead of a second refusal means less penalties. Always take the L if you have had two refusals – a third refusal at the main fence will eliminate you!
- Fall of rider is 90 penalties, second fall of rider or fall of horse is retirement.
- There is no maximum time, you get 2 time penalties in the junior, intermediate and open for every second over the optimum time
- Juniors, intermediate and open have 60 second time allowed for both the gate and slip rail (i.e. 30 second each). If you take longer than 60 seconds at either of these you will be asked to retire.
- Full details of the ride phase and scoring can be found here: https://pcuk.org/media/defpiixk/ok_tetrathlon-rule-book-2020.pdf

Gates and slip rails

Every tetrathlon course will have a gate and slip rail. The gate must be done mounted, and rider must dismount to do the slip rail.

The gate has to be opened, passed through and closed within 60 seconds. Time starts when you touch the gate. If you can't close or pass through it within 60 seconds, ride on! You will get penalties, but can be eliminated if you take more than 60 seconds.

You have to dismount at slip rail, drop one end of top rail onto floor (see below), walk your pony/horse over the bottom rail, replace the top rail, remount, and continue. There are penalties for doing this incorrectly. Again max 60 seconds allowed from when you dismount to when the rail is replaced.

Course timings allows 60 seconds for both, so practice to see if you can get these down to 30 seconds...



Training for cross country

- Tet courses are technical and designed to test horse and rider – expect combinations, drops, water and ditches, jumping on angles, hills and off short strides. Arena eventing is a great way to practice.
- Your horse needs to be fit enough to maintain the pace over a course of 18-30 jumps up and down hills. Use a smart watch or phone to measure distance on a hacking field or at home, and then practice so you know your basic pace speed.
- Course lengths are 1600-3000m for area competitions, and 2000-3500m for champs. Build up speed work gradually. Use similar techniques to your running, including interval training, different speeds and distances.
- Start with single short distances (e.g. 500m depending on your pony/horse's fitness) at your target speed. Then introduce intervals (working towards 500m-1km canters at target speed, depending on your horse's size and fitness, followed by a walk +/- slow trot until their breathing has slowed, followed by another canter)
- Don't do fast work every day (we do max 1-2 times a week), and remember to include other types of fitness work – longer slow canters and hill work at all paces are really helpful
- Increase gradually until your horse can do the distance required as intervals easily. Go at their pace!
- Plan ahead so your horse peaks at key competitions – don't keep them in fast work all the time!

Gate and Slip Rail in Tetrathlon

The gate and slip rail are obstacles that makes tetrathlon so different from other equestrian events, here is how to do them, how to practise them and where to find the rules.

If you are a junior level or above, you have 60 seconds to do both the gate and slip rail (your time for both gets added onto your total course time allowance). However, if you cannot put the string back on the gate keep trying for the 60 seconds, you will get penalties but will be allowed to continue with the course, (All the rules about the gate and slip rail and penalties can be found in the tetrathlon rule book

The Gate:

- The gate is attached to a post via a loop of rope or string you have to lift the rope off the post.
- Open the gate, walk through, close the gate and put the rope back on the post. A video is attached below showing how a gate is completed.
- You will be timed from the first moment that you touch the gate until the string is back on the post.
- You shouldn't jump the gate but if you do you are allowed to go back round and try the obstacle again (60 penalties for jumping the gate)

The Slip-Rail:

- For the slip rail you must dismount, pull the top rail of the slip rail out of its slot on one side only and place it on the ground either side of the lower rail (the lower rail is 30cm and should not be moved).
- Walk your horse over the rail, put the rail back up and remount your horse. A video is attached below showing how a slip rail is completed.
- There are hay bales or a mounting block to help riders remount, if you have to use outside assistance you will get 60 penalties.
- You will be timed from the moment you take your feet out of the stirrups until you are remounted.

My name is Brooke England and I compete in tetrathlon as an open girl. Before I start both obstacles, I often take a second to compose myself; I take a deep breath and then begin. Once I have finished, I take another second to breathe again and pat my horse. I find this routine helps calm both me and my horse before these obstacles and gives us both a moment to catch our breaths. I think it is really important for a horse and rider to have a routine (it can be like mine or any that work for a horse and rider) as it helps get you both in the right mindset.

This is an example of how I complete a gate in a competition:

<https://www.youtube.com/watch?v=h2IA7A999hA&feature=youtu.be> -in this video you can see my horse gets a bit excited and steps away from the gate, it's really important to keep calm, pat your horse and then try again as sometimes they get frustrated that the jumping has stopped and just want to go. When I do a gate and my horse is excited, I make sure she is always facing the gate, as if she isn't facing the gate she is ready to set off.

This is an example of how I complete a slip rail in a competition:

https://www.youtube.com/watch?v=KChgKyU_jtY&feature=youtu.be -in this video to remount my horse I have her head over the slip rail, my horse loves cross country and gets excited so this is a method I use to prevent her from trying to carry on the course without me. I will also talk to her and pat her if she starts to get stressed.

How to practise the gate and slip rail:

For the gate:

-Use any gate (try and find one without a latch which may get caught on your leg or your horse as you go through, or wrap a towel round the catch to avoid injury), attach it by string or rope to the fence post next to it.

-Stop at the gate, either parallel to the gate or with the horses head over it, open the gate, walk through, close it and reattach the string.

-Keep practising until you and your horse are comfortable with how to do a gate.

-Now try to do something at speed before doing the gate (e.g. a lap of canter or a couple of jumps) so you mirror the tetrathlon environment- as the gate normally comes in the middle of the round.

-Then time yourself and see if you can complete it within 30 seconds.

-Remember- it takes time for you to learn a new skill so don't worry if it takes longer the first few times!

A video on how to set up your own tetrathlon gate:

<https://www.youtube.com/watch?v=mKWIAI1Fr8o&feature=youtu.be>

For the slip rail:

-Set up a fence with 2 poles (you can use fence wings or anything else like that to put the poles on), put the one pole at 30cm (the lower rail that isn't moved) and the other 1 meter or higher (the top rail).

-Stop at the slip rail, dismount your horse, place one side of the top rail on the floor, lead your horse over it, put the pole back up and remount your horse.

-Keep practising until you and your horse are comfortable with how to do a slip rail.

-Now try to do something at speed before doing the slip rail (e.g. a lap of canter or a couple of jumps) so you mirror the tetrathlon environment.

-Then time yourself and see if you can complete it within 30 seconds.

-Remember- it takes time for you to learn a new skill so don't worry if it takes longer the first few times!

A video on how to set up your own tetrathlon slip rail:

<https://www.youtube.com/watch?v=o6xbQzz6h4A&feature=youtu.be>

Challenge- Can you beat my times?

It took me 13 seconds to do the gate at Tetrathlon champs 2019- send your videos and times in!

It took me 24 seconds to do the slip rail at Tetrathlon champs 2019- send your videos and times in!!

Physiotherapy and Tetrathlon

Tetrathlon is unique having 4 disciplines to take part in. All disciplines need different requirements from your muscles.

Running

Warm up is important to prevent injury as well as optimise performance

I would encourage a 5 minute jog followed by dynamic stretches. Dynamic stretches are muscle movements that provide a stretch without holding the position. Examples of these are high knees, butt kicks, jumping jacks and sumo squats. This stretching improves speed agility and acceleration.

Running wise, I would vary it up a bit, reducing the chance of the repetitive injuries. Try different distances, different paces, different surfaces and different terrains. Avoid running daily as your body needs time to recover. Any increments in speed and distance should be done gradually.

After running I would encourage you to do static stretches, especially for Quads (heel to bottom), Hamstrings (one leg straight on a step and flex at hips keeping back straight), calf stretches (dropping heels on a step) and finally Gluts (left foot across right thigh in sitting). Static stretches need to be taken to the point where you feel the stretch and held for 15 seconds. It shouldn't be pushed beyond a gentle stretch as that can cause micro trauma.

Core strength (abdominals, gluts) and power muscles (Quadriceps, hamstrings and calf) all need to be worked on.

Shooting

Core stability is important to help with control. You need to hold the gun very still, but your shoulders should not be elevated to your ears. Lifting a pint of milk in front of you for 30 seconds with your arm horizontal is a good place to start. From 30 seconds time needs to be gradually increased and your arm staying as still as possible. Breathing is also important, work on breathing in and out expanding your chest rather than lifting your shoulders. Anything that makes you move your arm, will affect your shoot score.

Tetrathlon Running

Run Distances

7 years and under	11 years and under	14 years and under	Intermediate and open girls	Intermediate boys	Open boys	Over 25s
500m	1000m	1500m	1500m	2000m	3000m	1000m

Training Suggestions

- If you have not run for a while, start with a short, slow run and make sure you have a few days off between runs. This will help your legs to recover after the initial shock of being used again!
- Try to include some hill runs each week – these will really help your speed and stamina.
- Interval sessions (where you run flat out for a short time and then run slowly to recover) also help your speed. You could put cones out to indicate where to run fast/slow. We use lamp posts if we are running round the village!
- Try to run at least twice the distance that you need to as this will help your stamina and make the actual distance seem shorter and (hopefully) easier!
- A timed run of your required distance once a week should be plenty. Use the other training suggestions on the other days of the week.
- Your times will be slower if you run cross country so don't be disheartened.
- Share your times on our WhatsApp group and/or Strava – we can identify the quickest times for each distance as well as seeing who has improved the most.

Something to aim for!

To score 1000 on the run, you would need to do the following times!

500m: 2 mins 0 seconds

1000m: 4 mins 0 seconds

1500m: (junior boys): 5 mins 10 seconds

1500m: (junior girls): 5 mins 40 seconds

1500m: (girls open and intermediate): 5 mins 20 seconds

2000m: 7 mins 0 seconds

3000m: 10 mins 30 seconds



Measuring and timing your run

- Strava on your phone seems to be the most accurate, but it can be tricky to measure a run precisely (my watch always measures the distance as being less than my phone and you, therefore, end up with a slower time)!
- Running slightly further than the required distance seems the safest way of recording a run (for competition purposes).
- An out and back run, whilst not the most exciting, is often easier to measure than a loop.
- If your phone is difficult to carry, try putting it into a 'zipable' pocket. You can set up Strava so that it does not start until you are moving.
- Try to choose a route that does not cross a road - it will slow you down if you have to wait for a car!
- Doing your timed run over a familiar route will give you an idea of whether and how you have improved. You don't need to run this route for all of your training runs.