



# RDA Endurance



## Why Should your Group take on Endurance?

- Take your RDA ride outside in the fresh air and enjoy the best of the UK weather!
- Work together and have fun as a team!
- Add extra variety and interest to your sessions for your riders and volunteers
- Start at a simple 1km distance and progress to 2km, 3km and beyond!

## Why Start Endurance yourself?

- It's fun and open to all riders, horses and ponies
- Have a go - start at 1km and progress to 15km!
- Knowledge of speed and distance – do you know how fast your pony walks, trots and canters?
- Greater knowledge of Horsemanship especially; fitness, heart rates, metabolic rates and dehydration.



For more information please contact the RDA Endurance Co-Ordinator on:

01926 476307 or email:  
Info@rda.org.uk

"I think Endurance is a great discipline for RDA - it's fun. It involves the whole team; horse, rider, leader, helper. It encourages riding in the countryside and improving horse care."

Sally Hall RDA County Coach,

