



7-DAY FIX TO BUILD
YOUR CONFIDENCE
JUMPING



EVERYDAY
EQUESTRIAN

@everyday_equestrian

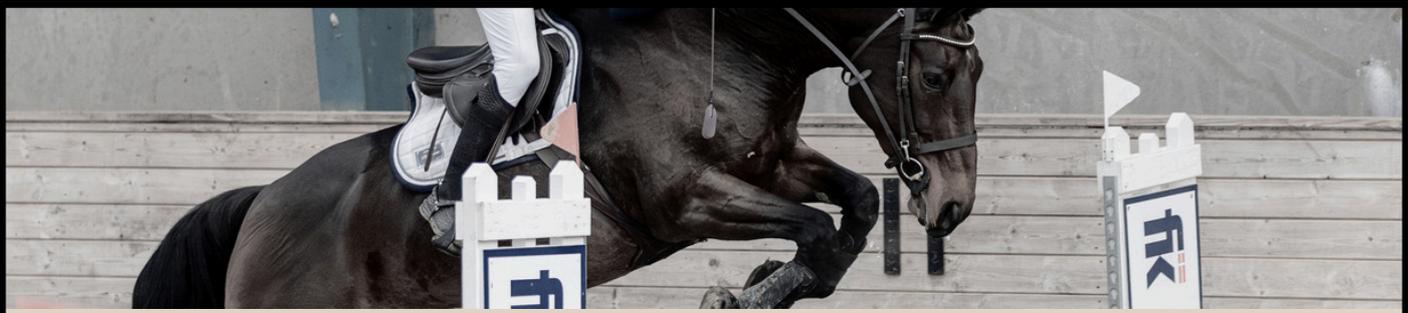


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Introduction

Welcome to your FREE 7-day training guide for show jumpers — a structured, horse-friendly training plan designed to build rhythm, strength, balance, precision, and most importantly... confidence.

Whether you're producing a young horse, rebuilding trust after a setback, or simply wanting more control and consistency on course, this 7 day guide gives you exactly the confidence you need to keep going as a showjumper, focus will be on:

- Rhythmic and adjustability
- Getting brave to the fences
- Supple and balanced in their bodies
- Responsive without being tense
- Focused, confident, and FUN to ride

Each day targets a specific foundation skill — rhythm, body control, adjustability, technique, bravery, and course-riding — and blends pole work with light jumping to keep the horse and rider mentally fresh while strengthening the right muscles.

This program is designed to be progressive but pressure-free. If you or your horse feel stuck, nervous, or tired on any day — pause, repeat the previous day, drop the height, or simplify. Progress in showjumping is never linear, and confidence must always come first.

By the end of the 7 days, you'll feel:

- More in control
- More "in sync" with your horse
- Clearer in your lines, turns, and distances
- More confident approaching fences

Let's get started building the foundations that make jumping feel easy — for both of you.

Ready for Day 1?



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STRIDES BETWEEN FENCES



	Horses	148cm Ponies	138cm Ponies	128cm Ponies
1 STRIDE	6.5 - 7.5meter	5.9 - 6.9meter	5.7 - 6.4meter	5.2 - 5.8meter
2 STRIDES	9.7 - 10.2meter	9.4 - 10.0meter	8.6 - 9.2meter	7.7 - 8.2meter
3 STRIDES	13.5 - 15.0meter	12.5 - 14.0meter	11.5 - 13.0meter	10.5 - 12.0meter
4 STRIDES	17.0 - 18.5meter	15.7 - 17.0meter	14.5 - 16.0meter	13.0 - 14.5meter
5 STRIDES	20.5 - 22.5meter	19.0 - 20.5meter	17.5 - 19.0meter	15.7 - 17.5meter
6 STRIDES	23.5 - 26.0meter	22.0 - 23.5meter	20.0 - 22.0meter	19.0 - 20.5meter
7 STRIDES	27.0 - 30.0meter	25.0 - 27.0meter	23.0 - 25.0meter	21.0 - 23.0meter
8 + STRIDES	A distance greater than 28-30 meters between 2 fences, is considered a new approach - Just like 2 individual fences			

These are recommended distances between 2 jumps, in canter. Such as low fences, slow pace etc. you might need reduce the distance.

TROTting POLES	1.1 - 1.3meter	1.0 - 1.1meter	0.9 - 1.0meter	0.8 - 0.9meter
TROTting POLES TO A SMALL FENCE	2.2 - 2.5meter	2.1 - 2.4meter	2.0 - 2.2meter	1.8 - 2.0meter
GANTER POLES TO A FENCE	2.8 - 3.5meter	2.7 - 3.1meter	2.4 - 2.9meter	2.1 - 2.5meter

For placing a canter pole between 2 fences, it is best to place the first canter pole approx. 3.5 meters after the first fence

DAY 1 - Find the rhythm

Easy exercise to start out with, simple trot and canter poles.

How to set up:

you need 6 poles, to set up both exercises at the same time.

Setup:

- 4 poles on a straight line, 1.1 - 1.3 meters (balanced trot)
- Add 2 canter poles on a straight line opposite side, 19 m between (stride length depending during the exercise).

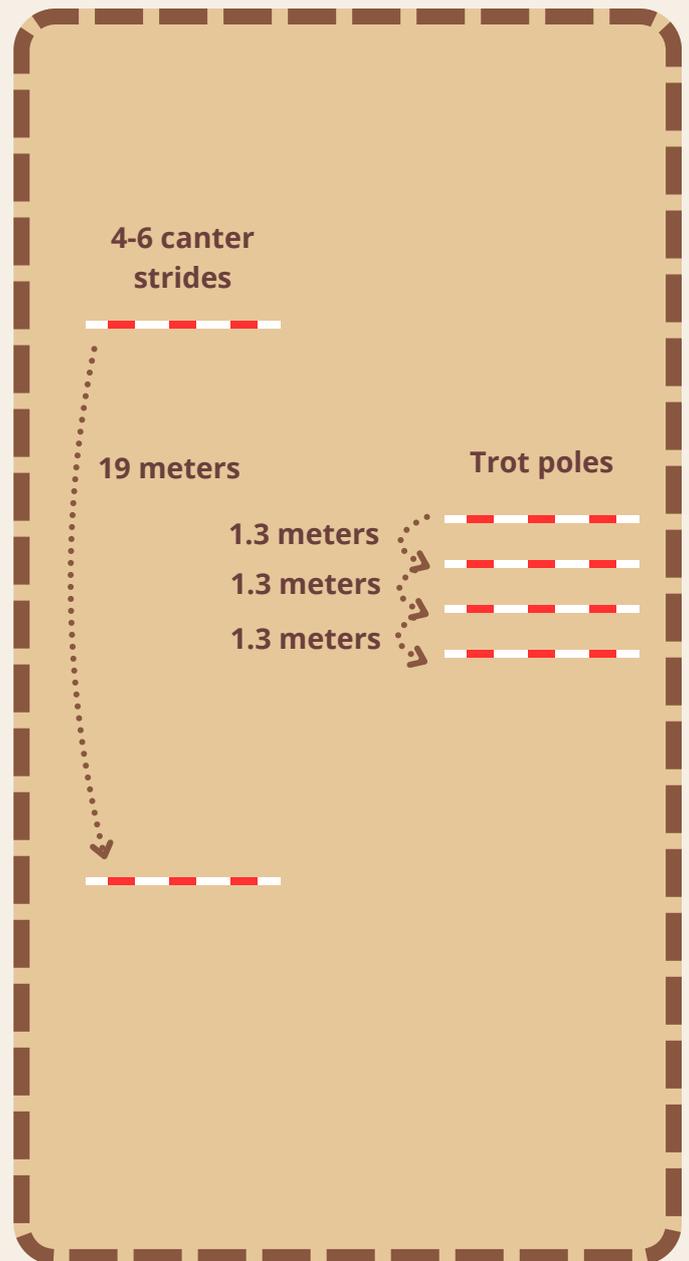
Goal:

Establish consistent pace, straightness, and your horse listening to your seat.

Exercises:

- Trot through on both reins. Keep your horse straight and moving at the same pace. Stay balanced adding your weight into your stirrups
- Canter through maintaining the same rhythm before and after the poles, you should aim for 5 strides first and try and get a feel for your horses stride
- After, you should try and mix between 4-5-6 strides. Set your pace in the corner for the amount of strides you want to ride, keep all strides the same length, as to practice setting the pace to reach your stride and not to correct in between the poles
- Add transitions before/after the line to install brakes and gas.

Confidence Builder: Predictability. Rhythm = security for nervous horses and riders.



DAY 2 - Body control

How to set up:

you need 4 poles, to set up this exercise.

Setup:

- 4 poles on a circle
- Step out 16 meters in between each poles on the circle as below.

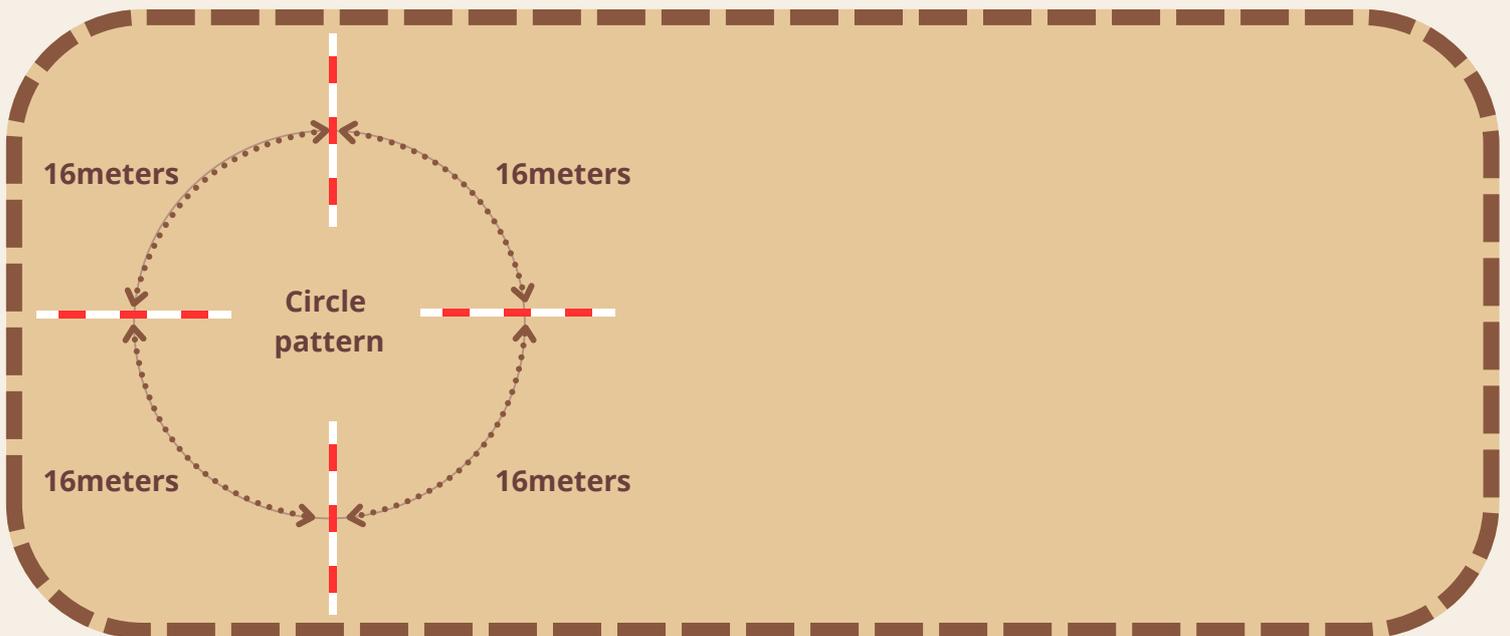
Goal:

Improve balance, bend, body suppleness → reduces rushing or tension before jumps.

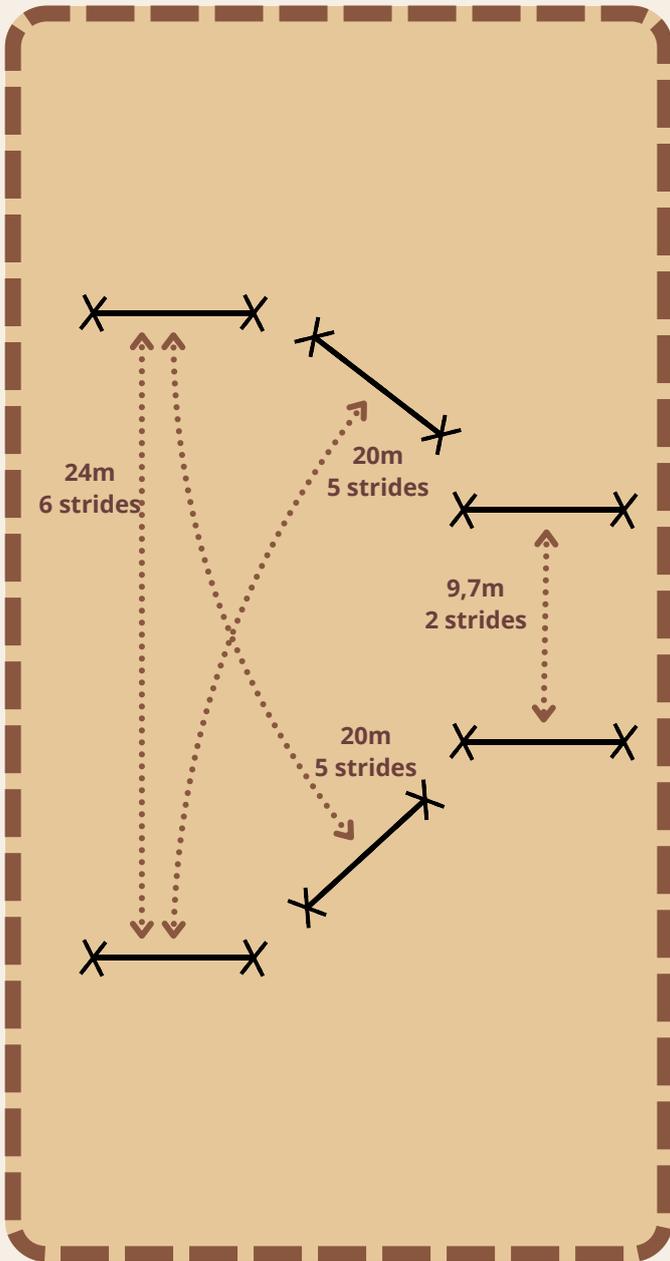
Exercises:

- Walk/trot poles on the circle → change direction over the pole closest to the middle of the arena to practice changing reins, and staying in balance
- Count your horses steps in between each pole on the circle, and try and get the same amount of steps in all 4 spots
- Add canter later if your horse stays relaxed.
- Count the canter stride in between each pole try and hit 4 strides in all spots

Confidence Builder: You gain steering. Horse gains understanding, consistency, shoulder control and bending.



DAY 3 - Mini course technique



How to set up:

You use cavalettis for this exercise.

Setup:

- Set up the mini course as seen to the left
- Set the cavalettis based on your level, as poles, half or full cavalettis height
- Step out the meters between as seen to the left

Goal:

Accuracy; seeing your stride; small steps without fear.

Exercises:

- Start with cantering each cavaletti set - straight line 6 strides - 2 x bended line 5 strides - 2 stride double
- Adjust distance between the cavalettis based on your horse if you need a little more or less space.
- Add a full course together when you are confident with each cavaletti set
- Retry each line if you want to fine tune any mistakes, keep a straight line, balanced rhythm and pace, hit the cavalettis in the middle, use the corners

Confidence Builder: Small height, real course feel — no pressure.



DAY 4 -

"Adjustability Day" With Canter Poles

How to set up:

You need 3 poles for this exercise.

Setup:

- Set up on a straight line 3 canter poles equal distance of approx. 13-14 meters between

Goal:

Controlled stride length for technical courses.

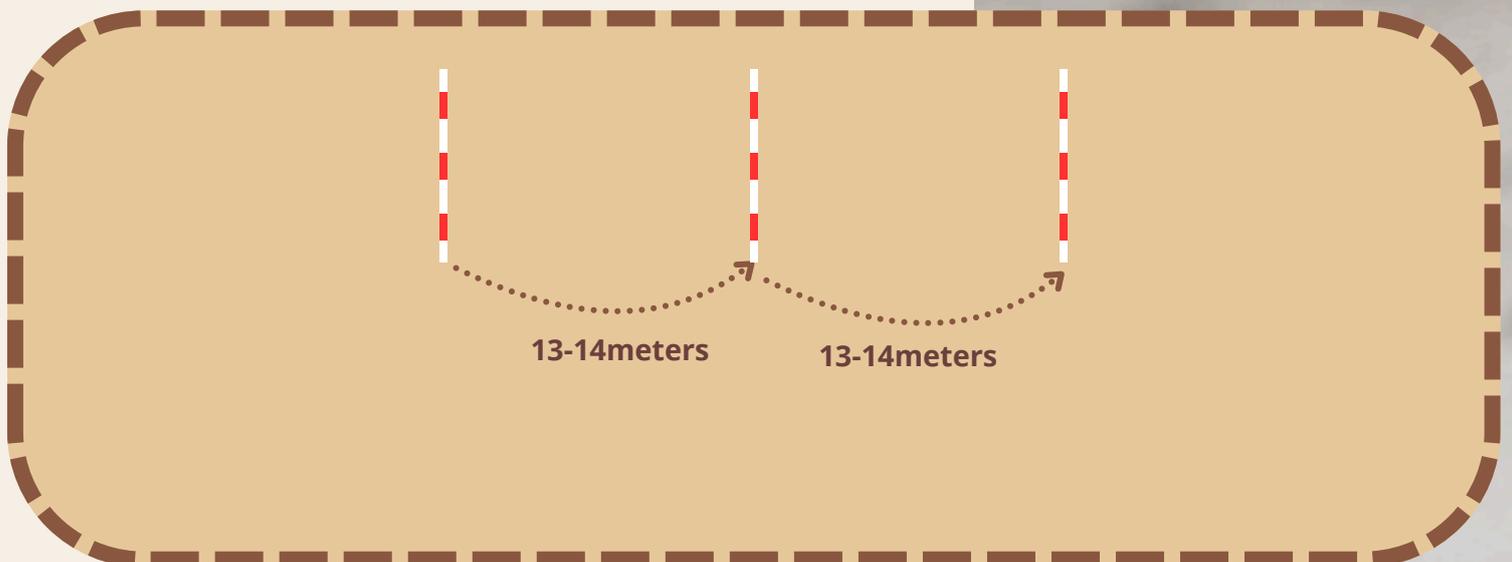
Exercises:

- Ride 3 strides → then 3 strides (same pace)
- Ride 3 strides → then 4 strides (collect).
- Ride 3 strides → then 2 strides (open).
- Maintain soft connection and level shoulders.

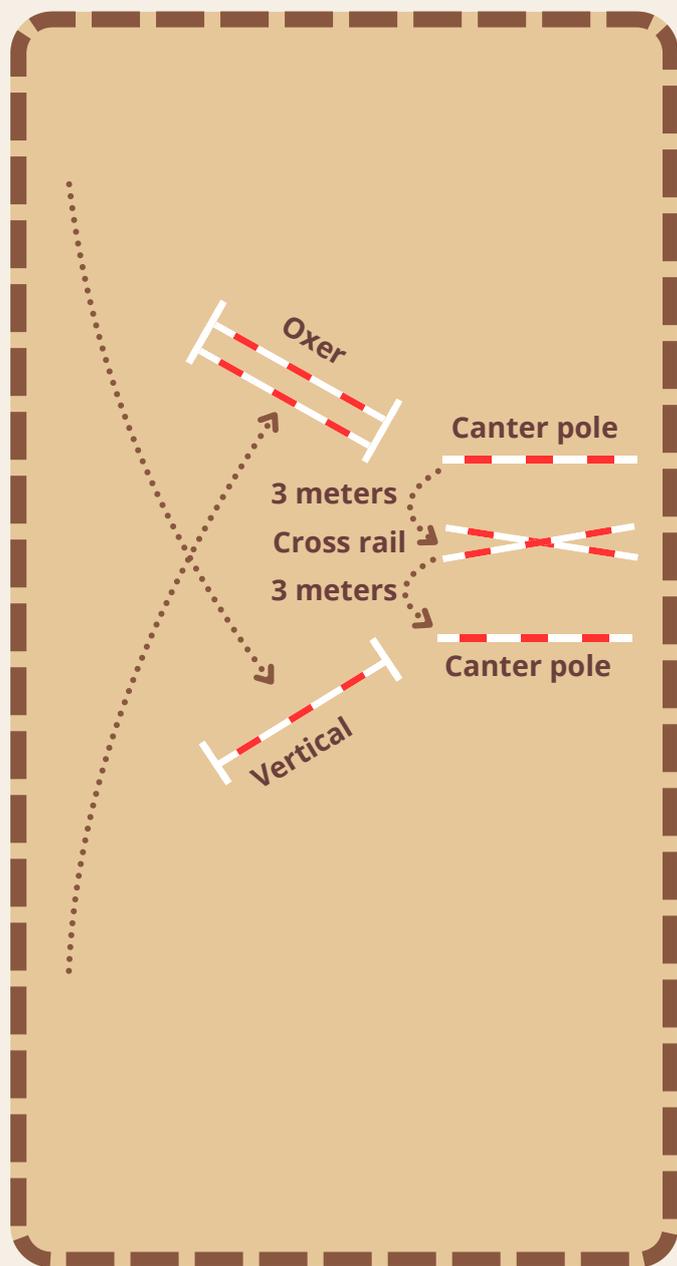
Confidence Builder: Teaches horse that shortening/lengthening is normal, not scary.

More focus points:

- eyes up
- soft elbows
- stay central
- don't chase to distances



DAY 5 - Confidence Jumps



How to set up:

you need 6 poles, to set up both exercises at the same time.

Setup:

- Cross rail with canter poles.
- 1 low ascending oxer.
- 1 inviting vertical with groundline.
- Distances soft and flowing.

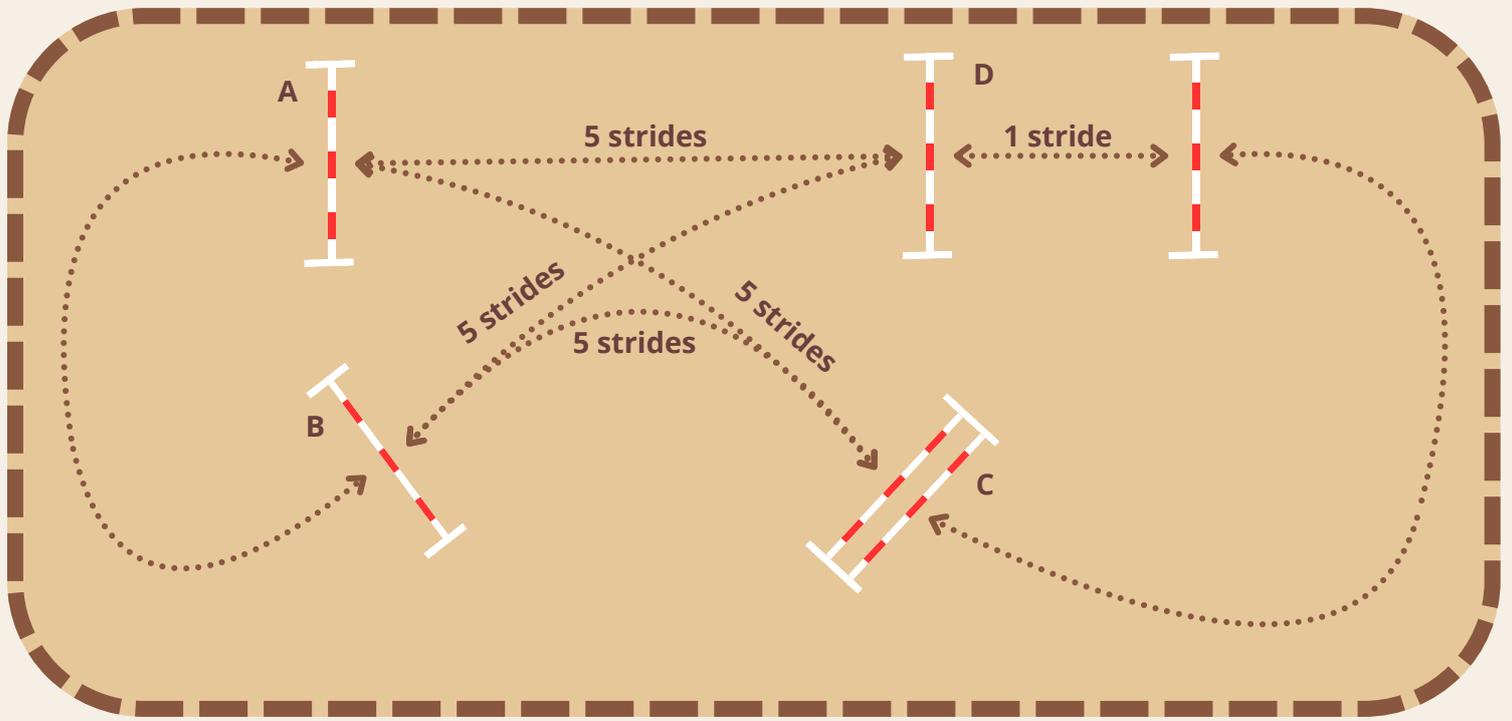
Goal:

Low, ascending and Friendly
Build power, form, and bravery without raising stress.

Exercises:

- Warm up in canter over the pole-cross rail-pole until relaxed, on each rail.
- Ride the vertical with a balanced relaxed pace, on both reins make a soft line from the corner
- Ride the oxer same as with the vertical
- when confidence and a relaxed horse, put all 3 together. Cross rail - vertical - oxer and the other rail Cross rail - oxer - vertical.

Confidence Builder: Horse learns relaxed form, soft lines having an easy job, rider gets confidence riding small fences.



DAY 6 - Course day

How to set up:

A simple course of 6 fences:

- 1 double combination with 1 stride - 7 meters in between
- 4 lines with 5 strides - 21 meters between
- Adjust the distance related to the size of your horse
- Ride the course 8-12 fences in different combinations
- Example: C-A-B-D-C-B-A-D
- Example: C-A-B-D-C-B-A-C-D-A
- Design the course with how many jumps you would like to try from 8-11

Goal:

Put your skills together without catching your horse or yourself of guard.

Keep the jumps low and at your level of confidence

Exercises:

- First warm up on cross rails and low verticals and oxers
- After warming up on a single jump, try out a few of the lines with the 5 strides
- Jump the full course at 10–20 cm below your normal jumping height. (pick what combination you would like)
- Finish with 1 small line ridden in perfect rhythm.

Confidence Builder: Course feels EASY → you leave the arena confident.

DAY 1 - Stretch & Soft Poles

Goal:

Active Recovery - Loosen body, stretch topline, build correct posture without stress.

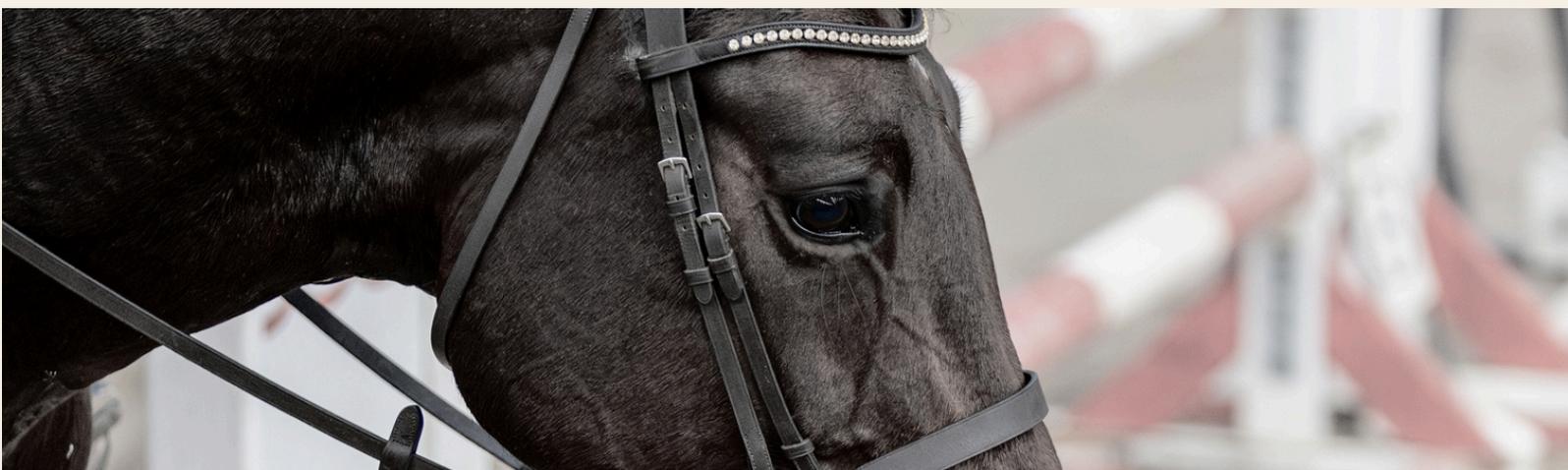
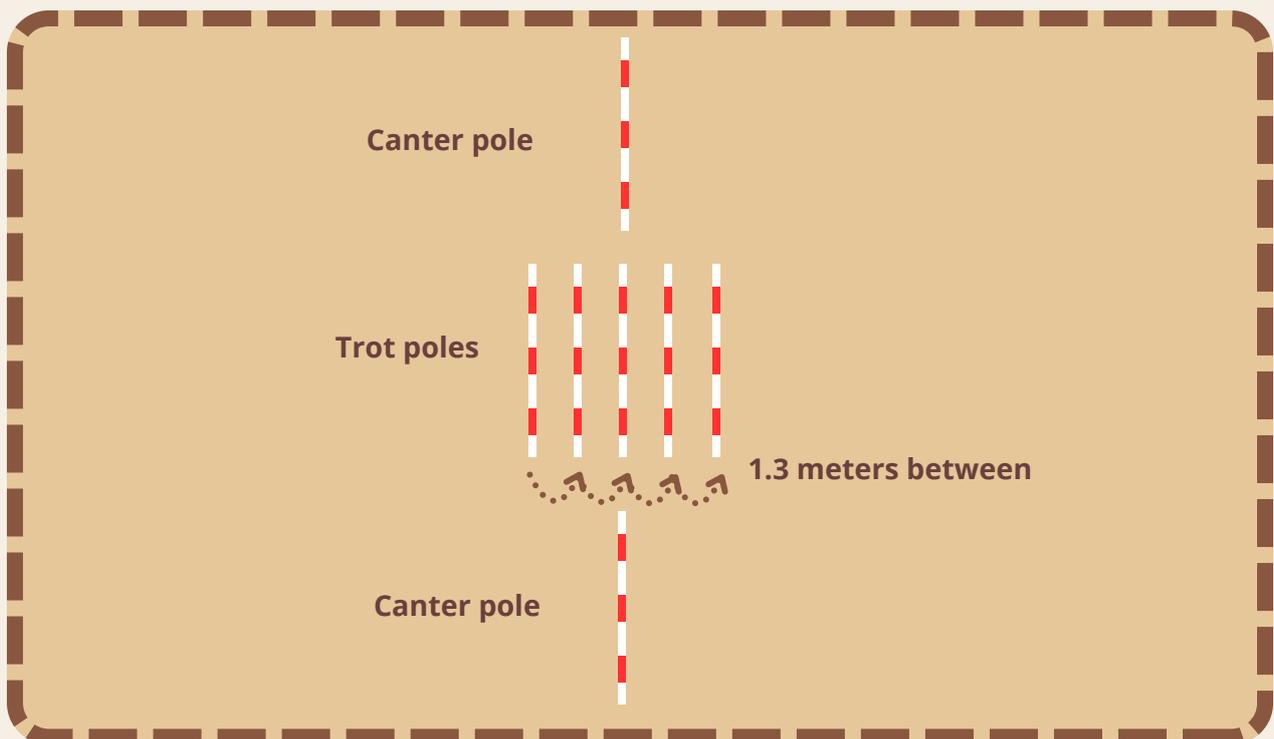
Exercises:

- Long & low trot through the line.
- Canter poles in a soft, low-energy canter.
- Ride big circles, looser rein, longer frame, free walk trot canter transitions.

Confidence Builder: Mental reset. Horse ends the week relaxed and proud.

How to set up:

- 4-5 poles spaced for a stretchy trot.
- 1 canter pole on each long side.



— Wrap up notes for the week

Well done for completing this 7-day confidence and pole work program.

Showjumping is not just about clearing fences — it's about building a partnership based on trust, rhythm, understanding, and communication. Every line you rode, every pole you trotted, every moment you breathed and rebalanced your horse was another brick in the foundation of a confident, capable showjumping pair.

Remember:

Progress in this sport is never linear. Some days feel effortless, others feel like starting over — and both are normal. What matters is consistency, patience, and celebrating the small wins that build true, lasting confidence.

Carry the lessons from these seven days forward:

- Set the rhythm before the fence
- Ride with feel, not force
- Keep your horse straight, soft, and thinking forward
- Choose partnership over perfection
- And above all, protect your confidence — it is your greatest asset

You and your horse now have the tools to ride courses with better balance, clearer communication, and more control. Keep revisiting these exercises whenever you need a reset, a confidence boost, or a return to basics.

Thank you for trusting me to guide you through this week.

I wish you many clear rounds, many proud moments, and many more days where jumping feels easy — for both of you.

Ride forward. Ride with feel. And enjoy every stride.

— Your Everyday Equestrian Coach

If there's one habit that will speed up your progress more than almost anything else, it's documenting your training.

Not to be perfect.

Not to post every ride.

But to see what's really happening — your position, your timing, your horse's response.

Even short clips can reveal patterns you'd never feel in the moment.

If you want to make filming easier, these are tools I personally recommend. They're affiliate links, which means I may earn a small commission at no extra cost to you - you can use this code at checkout: **INRSG0KJOBA** — and it helps support more free training like this.

- Gimbal - possible to follow and track your horse (great for stable ground or arena filming):
 - [Insta360 Flow 2 pro gimbal](#)
- Camera – simple & lightweight, for POV filming or stationary shots:
 - [Insta360 GO 3S Camera](#)
- Camera – higher quality option:
 - [Insta360 GO Ultra Camera](#)

Remember: your phone on a fence post is already enough. What matters is the habit.

Film your training.

Review with curiosity.

Adjust one thing next ride.

That's how real, lasting progress is built.

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