

Understanding Striding & Distances (Simple Guide)

◆ The Standard Canter Stride

- For a **horse 15.2hh and over**, the **basic canter stride is 12 feet (3.65m)**.
- Most competition courses are built on this **12-foot stride**, although every horse is slightly different.

👉 Practice tip:

Use a **30m tape**, place poles, and practice *walking distances* until your steps are consistent every time.

Walking Distances (Human Steps → Horse Strides)

All distances are a guide. Smaller fences (under 1m / 3'3") and indoor arenas are often built shorter.

Horse Distances (built on a 12' stride)

Human Steps Horse Strides Distance (feet / metres) Shorter Option

8 steps	1 stride	24' / 7.30m	23'6" / 7.20m
12 steps	2 strides	36' / 11.00m	34' / 10.30m
16 steps	3 strides	48' / 14.65m	45' / 13.70m
20 steps	4 strides	60' / 18.30m	56' / 17.00m
24 steps	5 strides	72' / 22.00m	67' / 20.50m
28 steps	6 strides	84' / 25.50m	78' / 23.80m

📌 *Most unaffiliated shows tend to build on full horse distances.*

Pony Distances (Guide Only)

Human Steps Pony Strides Distance

6 steps	1 stride	21' / 6.40m
10 steps	2 strides	31'6" / 9.60m
14 steps	3 strides	42' / 12.80m

◆ Note:

- A **12hh pony** usually needs **shorter distances**
 - A **14.2hh pony** may jump on **horse distances**
-



■ Pole Work Distances

Pace	Horse	Pony
Walk (single poles)	1 yard	1 yard
Walk (multiple poles)	3 yards	2–2½ yards
Trot	3 yards	2½ yards
Canter	3 yards	2½–3 yards

Adjustments:

- **Small ponies (e.g. 10.2hh / Shetland):** ~70cm between poles
 - **Very large horses (18hh+):** up to **3½ yards**
-

⚠ Distances Also Depend On:

- Size of the fence
 - Length of the horse's stride
 - Rider's ability to maintain a balanced canter
 - Indoor vs outdoor arena
 - Uneven ground (uphill or downhill)
-

! Important Safety Reminders

- ❌ Do **not** place a pole after a fence for a **novice rider or horse**
- ▼ If approaching a combination in **trot**, the distance must be **shortened**

