

Long-Term Equestrian Development

Long-Term Equestrian Development (LTED) is a model that provides a safe, fun, and progressive pathway for children to pursue healthy, physically-active lives. LTED sets out recommended training sequences and the progression of skill development for everyone—from under 6 to over 60 years of age. It addresses the physical, mental, emotional, technical and tactical needs of athletes as they pass through each stage of development.

General Objectives:

The Stages of the LTED Framework:

What You Can Do As a Parent:

- FUN
- Enable children to explore the fun experience of horses, while encouraging resilience, emotional control, and positive attitudes towards new challenges
- Introduction of motor skills, such as balance, rhythm, coordination, time/space orientations, and teaching of safe techniques



FUNdamentals Optimal Age: 3-8

- Have your child participate in a variety of seasonal sports
- Encourage physical activity through unstructured, outside play and a wide range of structured sport
- Choose a certified / trained instructor or coach

- Support a multi-sport and diverse life experience
- Continue to develop and consolidate basic equestrian skill – goal of each lesson should be simple
- Introduction of independent decision making and the competitive experience



Learning and Training to Ride Optimal Age: 8-14

- Ensure that the training to competition ratio is approximately 80:20
- Encourage safe, unstructured play to motivate your child to do their best and participate in sports
- Make sure your child is not overtraining in specific sport activities
- Choose a certified / trained instructor or coach

- Develop a solid, general, physical fitness for the horse and rider, targeting specific competition requirements (The five S's: stamina, speed, strength, suppleness, skills).
- Introduce discipline specialization in training and competition
- Consolidate and refine basic equestrian skills to achieve consistent performance



Learning and Training to Compete Optimal Age: 12-18

- Celebrate your child's success
- Ensure that the training to competition ratio is approximately 70:30
- Monitor growth spurts of your child to optimize the windows of trainability
- Encourage fun, fairness, and respect
- Choose a certified / trained instructor or coach

- Develop consistency of performance – work in varying conditions
- Develop optimal performance states including mental preparation
- Introduction to international competition for certain disciplines



Learning and Training to Win Optimal Age: 16-21

- Celebrate your child's success
- Ensure that the training to competition ratio is approximately 60:40
- Verify that the choice of competition favours equestrian and horse development
- Choose a certified / trained instructor or coach

- Individual style emerges
- Work to optimize and integrate all performance factors
- Commit fully to international excellence



Living to Win Optimal Age: 21+

- Celebrate your child's success
- Encourage your equestrian athlete to act as a positive role model for other equestrians
- Choose a certified / trained instructor or coach

- Support an ongoing multi-sport and diverse life experience
- Encourage commitment to participation in equestrian activities
- Emphasis is placed on enjoyment



Active for Life Optimal Age: Any

- Encourage your child to enter this stage if they are not interested in competition
- Promote fun, fairness, staying healthy, and giving back