**How to Prepare for a Long Horse Ride? Get Back to The Basics to Get Ready!**

Horse riding has an elusive charm that can make the rider look strong and confident. It takes patience and years of diligent practice to learn to ride a horse properly. Whether you are an amateur or an experienced rider, you would need to get back to the basics and build your stamina when preparing for a long horse ride. Here are some critical aspects that you need to take care of first.

Getting ready to ride a steed is simple as long as you have the correct rigging and know how to seat and harness your stallion. Before you ride a stallion, put on long jeans, boots, and a riding head protector. Place the cushion and seat on your stallion's back, and embed the bit into your steed's mouth. To mount a stallion, approach them on the left side, put your left foot in the left stirrup, and force yourself on your steed. Presently you are prepared to ride!

**Get yourself an experienced instructor**

That is a must! Even if you have had training in the past, you need to brush up on the lessons before your long journey. Finding the right instructor for long-drawn horse ride training is crucial. So, before hiring one, you need to carry out ample research and comparison to find the best coach who will be suitable for your needs.

**Choose a couple of weekly rides**

Riding multiple times a week at a riding school might be tough! With work and other responsibilities, you might be pressed for time. However, even if you cannot commit to a daily practice session, you should at least find time twice in a week. The more you practice, the better you will get at riding and the longer you will be able to sit on the saddle. That is what some of the [breeders cup owners](https://www.tvg.com/promos/breeders-cup/) advise first-time long horse riders.

**Manage your breath according to the horse movements**

You might come with sports and athletic skills, but your training in long horse riding will be entirely different. You will take time to acclimatize. Both trotting and cantering will involve managing your breath. The smart trick here is to coordinate your breathing in sync with the horse's movement. When posting, make sure you breathe on each post. When cantering, take a breath on every other up step. You might have to force your breath when you start out. However, gradually, your body will adjust to it. When you do not manage your breath to the horse's rhythm, you might end up panting.

**Work towards building brilliant ground skills**

When you get to better your ground skills, you excel as a rider. Few ways to master ground skills include in-hand showing, lunge work, round penning and also showmanship. However, it does not end there as you will learn better tricks with each coaching session. It will make your horse relate to you as a herd leader.

**Do not feel shy to ask questions**

The best rider is the one who has all the questions in his mind answered. Asking questions related to riding, body balance, grip, stride and the like will only help you know more on the subject.

Every expert horse rider was once a novice! It is the excitement of long horse rides and the beauty attached to it that makes riders stay committed to their practice. Have you developed an affinity for long horse rides? If yes, then it is time to sign up for a formal lesson. To get started in a balanced way, you might want to refer to the tips mentioned above.

**Snare the stirrups over the seat horn and change them into put.**

The stirrups are connected to the seat by a cowhide lash, and this is the piece of the seat where you put your feet. The seat horn is a stub at the highest point of the seat you can use to enable you to get into the seat. Place the snaps of the correct stirrup over the seat of the seat, and lock them set up, at that point do likewise for the left stirrup.

Abstain from moving toward your steed via conveying a seat so the snaps drag at your feet. This could cause wounds.