How CrossCountry App can help you ride to Time

PRACTISE AT HOME

Get used to the pace and rhythm.

Measure a track or circuit in the paddock with CrossCountry App and cones. Ideally the length will be your speed in meters per minute e.g. 450 mpm

While you can do this by yourself with a watch it's easier to get a friend to time you as you ride around. Then you can just concentrate on your pace.

Note the difference between your first minute with a standing start and second minute when you are in a rhythm

Add a jump. What is the impact on your time and the pace you have to ride to still achieve 450mpm?

Add a combination with a turn. How much faster again do you have to gallop between fences?

What is the impact of terrain e.g. you may have a hill going one way. Do you slow down more going up or down it?

Thank you to Coach and Olympian Amanda Ross for these training ideas.

AT A COMPETITION – WALKING THE COURSE

Record your track.

Press start in the start box to start GPS tracking. You can optionally lock your phone, put it in your pocket and start walking, opening it up if you wish to add in jumps, photos etc. Provisional minute markers are placed as you walk the course: every 450m for example for a BE 90 track. Your iPhone beeps to alert you. However, when you finish the course, CrossCountry App calculates the exact position of minute markers based on the total length you have measured and the optimum time. This is helpful if you measure wide turns. You can enter or change the optimum time later.

Automatic Minute Markers

If you are riding a 3000m course at 500mpm your optimum time will be 6 minutes and CrossCountry App will place the minute markers every 500m along the track but then at the end of the recording, if you have measured the course at 3,060m, it will reposition the minute markers to every 510m because you have told it that you still have to ride the course in 6 minutes.

Add photos or notes about terrain to jumps or waypoints.

PLANNING YOUR RIDE

Minute marker alerts

These are really helpful when you are walking the course a second time or if you have been emailed or downloaded a **pre-recorded course from the library www.crosscountryapp.com/courses**. The alert 'beep' feature was created for the Australian Olympic Team and used at London 2012.

The app alerts you with the familiar beep when you get within 15 meters of a minute marker even when your iPhone is locked in your pocket! You can then check the map to find the precise minute marker location and familiarise yourself with landmarks.
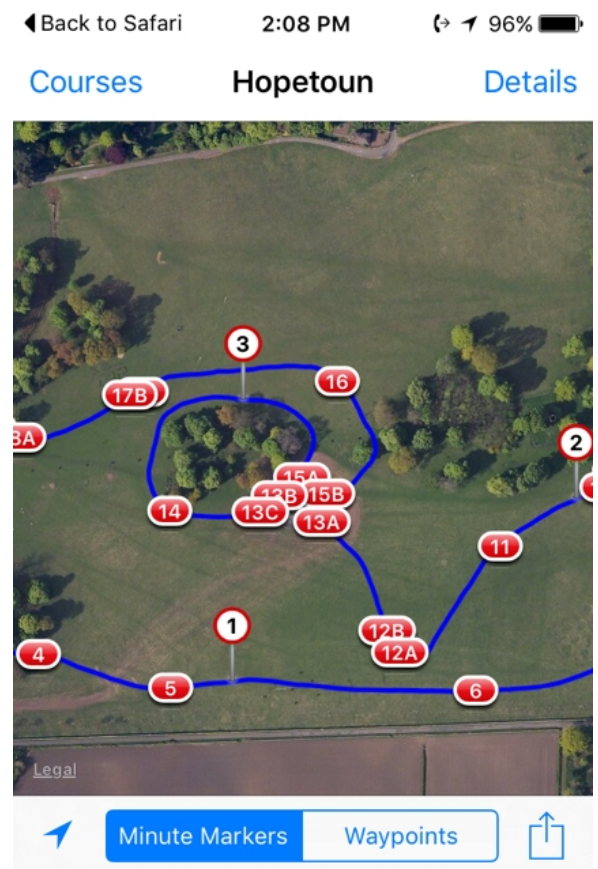
The map shows intensity of jumps

All minutes are not equal

They are influenced by terrain, intensity of jumps and fitness of your horse. Your first minute is from a standing start, the second you will be more in a rhythm.

When you have finished recording the course, look at the map to see which minutes will be "fast" (less fences, long gallops) and which will be "slow" with greater intensity of jumps, twists, turns, up or down hill. Be aware of which markers you need to be "ahead" of to make the time and where it will be ok to be behind.

Walking through water

You don't need to walk through the water to measure the distance. CrossCountry App measures it for you. Add your jump i.e: 11A, then walk around to the edge of the water on the exit side and press resume. CrossCountry App will "catch up" with you.

RIDING YOUR CROSS COUNTRY COURSE

Once you have memorised your minute markers, **set your watch on count up**

Many less experienced riders press the start button at 10 seconds to go. This saves fiddling with your watch when you are about to start and gives you a 10 second window before you will incur time penalties for going too fast.

Pay particular attention to the penultimate minute marker. This will give you the chance to adjust your pace if you are ahead or behind.

You do not use CrossCountry App while you are riding. It is preparation tool only.

Thank you to riders Jess Cocks and Tara Rogers for these ideas.

BENEFITS OF CROSSCOUNTRY APP OVER A WHEEL

1   **Much Cheaper** than a wheel
2   **Convenient** You always have your phone handy. Wheels can get forgotten in the lorry or left at home
3   **Accurate**, if you measure wide. The app calculates your final markers based on the distance you have walked.
4   **No reversing.** If you walk the wrong way, just erase your track and restart. No need to wheel backwards
5   **Flexible** You can knock a few seconds off the optimum time to give yourself some leeway
6   **Clever** The app alerts you to minute markers on a second walk (or your first if you have downloaded the course in advance or a friend has emailed it to you).
7   **Reliable**. It works outside mobile phone or internet range
8   **Complete**. You get a complete picture of the course – with terrain, intensity of jumps and optionally, photos.
9   **Fun**. Parents and friends enjoy recording the course to help their rider.

Ingrid Klimke, Paul Tapner and Francis Whittington use CrossCountry App.

It is hugely popular in Australia with lower level riders who have been allowed to wear watches for many years.

AVAILABILITY

The full version of CrossCountry App, which records a course and calculates minute markers, is available for

- all **iPhone 4S, iPhone 5 and iPhone 6** series,
- **iPads with built in GPS** (3G/LTE).
- **iOS7, 8 and 9** operating system.

Android and Windows phone users can view courses on our website course library and we are gradually adding capabilities for these smartphone owners. Meanwhile ask around and you will often find someone has an surplus iPhone in a drawer. It will run CrossCountry App even without a SIM card in it.

Download CrossCountry App from the App Store. More information at www.crosscountryapp.com

INSTRUCTIONS ON USING CROSSCOUNTRY APP

Go to www.crosscountryapp.com/gettingstarted for easy to follow video and instructions

AUTHOR:

Jose Diacono

+61 (0) 418 224 081

jose.diacono@crosscountryapp.com

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