

# **FITNESS AND CONDITIONING OF SPORHORSES –**

## **How to get your horse fit for the season**



**Workshop held by Kira Schuschnigg**

in conjunction with Polocrosse Training with Gary Dodd

**Equine Sport Therapy**

Physiotherapist and Chiropractor for horses

[www.pferde-sport-therapie.at](http://www.pferde-sport-therapie.at) click english flag

**Where: Lusaka South Polocrosse Club**

**When: 31.01.2009**

**Time: 13.00-15.00 hrs**

**Content:** Theoretical introduction to basic exercise physiology, how muscles work, heart rate monitoring, fatigue, tying up and how to prevent problems and injuries. Correct fitness testing, training possibilities and training plans to get horses fit for this season and prevent injuries.

**Practical:** Heart rate monitoring on the horse and processing the data. Fitness tests and interval training in practice.