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Training for Equestrian Performance

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Training for Equestrian Performance

Training for Equestrian Performance
Training for equestrian performance is an essential guide for the modern equestrian competitors who want to optimise their own and their horse's potential in training and competition, or for the equine sports science student wanting to understand the science of equestrian training. Leading equestrian researchers and performance analysis experts bring together the fundamental scientific principles which underpin competition preparation for the horse and rider. These include exercise physiology, psychology, conformation, biomechanics and feeding for performance. The book explores the principles of training and alternative training methods, and how these translate to management of the equine athlete to extend careers and prevent injury occurring. Suggestions for how to successfully develop training strategies and plans matched to short and long term training and competition goals are provided. Developments in performance analysis techniques and equipment for the horse and rider, independently and as a partnership, are reviewed. This enables the reader to select techniques and devise training regimes which can help them achieve their own competitive goals.The book concludes by applying science to the practical requirements of a range of equestrian disciplines giving practical advice and explanations of how to use science and technology to improve fitness, prevent injury and to achieve competition success. Training for equestrian performance will become a must-have training companion for the modern equestrian who wants to leave nothing to chance in their competition preparation.

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