

# **DAY 1: CONDITIONING THE DRIVING EQUINE (DRAFT)**

## **Part 1: Formal presentation and discussion ('classroom' environment)**

- Welcome
- Introductory remarks
- Definition of conditioning
- Why is it necessary?
- Preparatory physical examinations
- Nutrition
- Starting out
- Timeframes
- The elements of conditioning: experienced and novice animals
- Monitoring heart rate and respiration
- Ground work
- Useful equipment
- Training environments
- Getting hitched again
- Training sessions
- Battle plan to be ready for the first event

## **Part 2: Demonstration of Ground Work Techniques**

- Lunging
- Ground driving and long lining
- Muffy Seaton's bending the driving horse exercises
- Training rigs (good and bad)

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## *LUNCH*

### **Part 3: Base lining attendee animals at rest**

- Pulse
- Respiration

### **Part 4: Practical – Driving at Training Level Marathon speeds (In convoy, where possible, for those who want to get the feel of pace)**

*VSE: 9 kph*

*Small Pony: 11 kph*

*Large Pony: 12 kph*

*Horse: 13 kph*

*Draft Horses: 11 kph*

- Minimum 20 minutes
- Driving smoothly at a steady pace

### **Part 5: P&R Check**

- At finish of practical
- After 10 minutes rest (recovery rate)

### **Part 6: Comparison of P&Rs**

- At rest/at finish of practical/after 10 minutes recovery

### **Part 7: Discussion and Questions**