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| **Topic** | **Conditioning** |
| D1 | Give one reason for cooling out |
| D2 | Describe 2 signs that show when a mount is properly cooled out. Describe condition of own mount. What does TPR stand for? |
| D3 | Describe care of mount after strenuous work, to include cooling out, checking legs, watering, and feeding. Describe 2 signs that a mount might not be fit enough for the work being asked. Describe the normal range of TPR of a mount at rest. |
| C1 | Discuss the meaning of conditioning and the reasons for conditioning a mount. Define the conditioning principles: long slow distance work, interval training, inversion, and recovery rate. Describe factors to consider before a horse can begin a conditioning program. Discuss how you would condition your horse after one month of time off. Give the acceptable ranges of TPR for a mount at work. |
| C2 | Discuss the 1-week riding/conditioning schedule contained in your record book. Candidate should show and be able to discuss details of activities, specific exercises, schedule changes, feed, fitness, and TPR recovery rates. Define the conditioning principles: progressive loading, peaking, rest, tapering, overloading, aerobic conditioning, and anaerobic conditioning. Measure and record TPR of own mount at rest. |
| HB | Discuss the conditioning terms and principles including the different types of work and effectiveness. Discuss TPR during work and how this changes with fitness. Discuss recovery rates. Discuss how conditioning is related to nutritional changes. Share a 6-8 week plan designed to get an unfit, but healthy horse in shape for ordinary daily riding. Include a description of the mount and the amount and type of work and rest. |
| HA | Discuss conditioning principles: anaerobic and aerobic energy production, exercise physiology (and its effects on the musculoskeletal, cardiovascular, and respiratory systems), fatigue and injury, strength vs. endurance, and environmental influences on conditioning. Present and discuss an 8-week conditioning plan that includes complete description of mount and factors/changes related to feeding, training, and conditioning. |

Pre-Lesson Worksheet: Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What does it mean to cool out your horse?
2. What does TPR stand for? What other vital signs are checked?
3. Do you know the normal ranges for a horse at rest…

|  |  |
| --- | --- |
| Temperature |  |
| Pulse |  |
| Respiration |  |

1. What is meant by inversion when discussing TPR?
2. How does a horse’s condition improve with the proper exercise plan?
3. How do you measure your horse’s recovery rate?
4. What riding exercises or activities might you do if incorporating the following into a conditioning plan?

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| Long Slow Distance Work |  |
| Interval Training |  |
| Rest |  |
| Progressive Loading |  |
| Aerobic Conditioning |  |
| Anaerobic Conditioning |  |
| Peaking |  |
| Tapering |  |

1. Create a conditioning plan for you and your horse to get ready for Tetrathlon Rally.

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| **Week** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1 | 7/12 | 7/13 | 7/14 | 7/15 | 7/16 | 7/17 | 7/18 |
| 2 | 7/19 | 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 |
| 3 | 7/26 | 7/27 | 7/28 | 7/29 | 7/30 | 7/31 | 8/1 |
| 4 | 8/2 | 8/3 | 8/4 | 8/5 | 8/6 | 8/7 | 8/8 |
| 5 | 8/9 | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 | 8/15 |
| 6 | 8/16 | 8/17 | 8/18 | 8/19 | 8/20 | 8/21 | 8/22 |
| 7 | 8/23 | 8/24 | 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |
| 8 | 8/30 | 8/31 | 9/1 | 9/2 | 9/3 | 9/4 | 9/5 |
| 9 | 9/6 | 9/7 | 9/8 | 9/9 | 9/10 | Tetrathlon | Tetrathlon |