



Getting Horses Fit: A Guide to Improving Performance

Sarah Pilliner, Zoe Davies

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This clear and concise guide to getting horses fit explains the changes that take place in the horse's body during exercise and training. This knowledge may then be used to devise suitable training programmes for most equestrian disciplines.

An essential book for all horse owners, the third edition has been generally updated and includes information regarding the most recent exercise physiology research. The book sets out clear guidelines on the care of the horse before, during and after competition and explains the problems performance horses are likely to encounter.

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