



# The Equine Athlete: How to Develop Your Horse's Athletic Potential

*Jo Hodges, Sarah Pilliner*

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# The Equine Athlete: How to Develop Your Hourse's Athletic Potential

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## **The Equine Athlete: How to Develop Your Hourse's Athletic Potential** Jo Hodges, Sarah Pilliner

This is a comprehensive and practical guide designed to help riders and trainers develop the full athletic potential of their horses so that they can perform better and their competitive careers can continue longer. The competition horse of today has to reach ever increasing levels of performance. In order to reach and maintain these levels every aspect of his care must be top rate. Success depends on attention to the finest detail. Written by two of the country's leading experts, this book will show the reader how to objectively assess an individual horse's conformation and temperament, build up individual training and development programmes for dressage, show-jumping, eventing and long distance and develop a horse's physical and psychological capacity for work, preventing injury and helping him recover from exertion The book also discusses massage and physiotherapy, monitoring health and first aid and provides a programme of exercises to develop the rider's athletic potential to achieve the perfect partnership. An essential guide for every owner, rider or trainer of competition horses.

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