

# 'WINNING WAYS'

## TRAINING, HEALTH, NUTRITION & MOVEMENT OF PERFORMANCE HORSES

Aintree Racecourse, Liverpool, United Kingdom

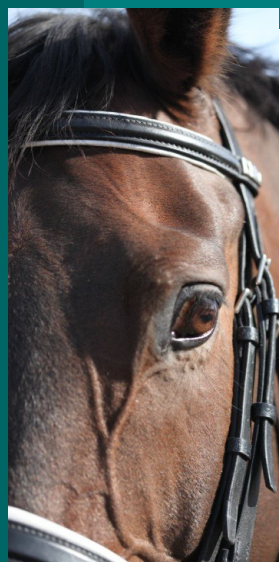


Winning Ways, 16 & 17 June, 2012

Training, health, nutrition, biomechanics & physiotherapy of the performance horse

Join leading international experts in equine exercise physiology and musculoskeletal health for the latest on performance horse health and exercise in the lead up to London's 2012 Olympic Games

**International speakers** include **Narelle Stubbs** (official physiotherapist for the Australian Olympic Equestrian Team and author of the popular book *Activate your Horse's Core*) who will present the latest research & practical techniques on how to get the best from the performance horse. Also presenting are **Professor Ken Hinchcliff**, senior editor of *Equine Sports Medicine and Surgery*, **Emmanuelle van Erck** veterinarian and sports physiologist for the French show jumping team and world renowned equine biomechanist **Professor René van Weeren** from the University of Utrecht.



Carriage Driving	16 <sup>th</sup> June	Racehorse Owners/Trainers	17 <sup>th</sup> June
Fat or fit? How to tell and why does it matter Fit on the inside: intestinal health for optimal performance/Feeding for performance Fluid and electrolyte balance for competition How to avoid injury, lung problems and train for performance Physiotherapy to maximise your horse's performance Improving your dressage The art and science of bits and biting/carriage design Choosing and maintaining your carriage The secrets of Back-stepping	Cathy McGowan Chris Proudman/ Pat Harris David Marlin Shaun McKane  Narelle Stubbs  Debbie Topping Shane Kitching  TBC TBC	What makes a winner? Training for performance & injury prevention Insights into racetrack injuries and their prevention Fit on the inside: intestinal health for optimal performance and Feeding for Performance Training the heart Respiratory health for maximal performance Bleeders – what's all the fuss about? Blood profiles and overtraining Back problems in racehorses	Shaun McKane  Chris Proudman  Chris Proudman & Pat Harris Lesley Young Shaun McKane Ken Hinchcliff Cathy McGowan René van Weeren
Show Jumping/Eventing	16 <sup>th</sup> June	Show Jumping/Eventing	17 <sup>th</sup> June
Rehabilitation after injury (P) Fit on the inside: intestinal health for optimal performance Back problems in competition horses Supplements – sage of wisdom or waste of thyme? Respiratory health for maximal performance Biomechanics of performance – how to create the ideal performance? The science and rider's perspective Training your horse's core – the science and rider's perspective	Nicole Rombach Pat Harris/Chris Proudman René van Weeren Pat Harris  Dr. van Erck René van Weeren & rider TBC  Nicole Rombach	Travel trouble? Avoiding problems during transport and time away from home Common limb problems of the performance horse – what to look out for? Feeding for performance What makes your horse tick: Heart problems in perspective Improving posture, movement and muscle recruitment with tack and training aids? (P) Staying at the Top	David Marlin  Ellen Singer  Teresa Hollands Lesley Young  Nicole Rombach  Richard Davison (British Olympic Dressage Team Captain)
Endurance	16 <sup>th</sup> June	Endurance	17 <sup>th</sup> June
Training for effect and minimising injury No foot no horse – common hoof & limb problems of the endurance horse Back problems in competition horses DOMS, overtraining and muscle disease Practical fitness tests - how to ensure your horse is fit/Monitoring your horse's heart Top tips on training the endurance horse for optimising performance. The science and rider's perspective.	David Marlin Ellen Singer  René van Weeren Cathy McGowan David Marlin/ Lesley Young David Marlin & rider TBC	Exercise – How is it fuelled? Feeding for endurance Fluid and electrolyte balance – before during and after training and competition rides Nutraceuticals and supplements – what works and what is waste of money? Respiratory health for maximal performance Reducing the impact of transport on health and performance	Ken Hinchcliff Pat Harris David Marlin  David Marlin  Emmanuelle van Erck David Marlin
Dressage	16 <sup>th</sup> June	Dressage	17 <sup>th</sup> June
DOMS overtraining and muscle disease Biomechanics of performance - how to create the ideal performance? (P) Training your horse's core. The science and rider's perspective Rehabilitation after injury (P) Fit on the inside: intestinal health for optimal performance	Cathy McGowan René van Weeren Nicole Rombach Nicole Rombach  Nicole Rombach Chris Proudman/Pat Harris	Respiratory health for maximal performance Feeding for performance Poor performance and bad behaviour what could be going on? What makes an elite athlete: training for performance & injury prevention Neck Issues in the dressage horse Back problems in competition horses Staying at the top	Dr. van Erck Teresa Hollands Ellen Singer  Ken Hinchcliff  Nicole Rombach René van Weeren Richard Davison (British Olympic Dressage Team Captain)

(P) = practical sessions

