

# Sport Horse Fitness and Care

presented by Samantha Pritchard and hosted by Heritage Stables



Advanced event rider Samantha Pritchard brings her experience conditioning and caring for event horses and racehorses to create an educational, fun filled day for riders of all levels.

The topic of the day is equine conditioning and post workout care.

Mounted sessions include pace training, speed control and galloping positions.

Unmounted session will include planning your interval training sessions and yearly fitness programs, the effects of long slow distance, footing fundamentals, use of heart rate monitors, post gallop care and efficient cross-country course riding.

Come join us for the full day with the mounted session taking place in the morning and lecture happening after lunch. If you are unable to bring a horse, please join us for the unmounted sessions and to audit the day.

Visit [elationequineservices.com](http://elationequineservices.com) for registration form.

Lunch is provided and included in the price. Limited stabling available, see registration form.

Mounted Session & Lecture \$80  
Auditing and Lecture \$40



Saturday May 13th at Heritage Stables, Merrickville, Ontario