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Conditioning the Gaited Horse for Endurance

By Nancy Morgan Reed

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Gaited horses are gaining in popularity in the sport of endurance. But what is the difference between these breeds and the other more popular breed? Do we have to do something different in order to compete with them? Who better to tackle this question than life-long rider-trainer of Tennessee Walking Horses, Ms. Reed. Improving condition comes with interval training, a technique illustrated in detail with numerous graphs, showing heart rate recordings from the workouts of 4 horses during interval training in the heat. One 26 mile workout is shown, then the before and after graphs of this horse are compared, showing scientifically, that this method works to lower working heart rate and get faster recoveries. All this can be done with a few simple tools and the workbook graph pages provided to print out. Morgan has had horses most of her life. At age 5, she moved with her family to an 800 acre cattle ranch in the foothills of the Sierra Nevada mountains. There she rode and trained horses as her passion. Now years...



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Reviews

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