

# 'WINNING WAYS'

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

Aintree Racecourse, Liverpool, United Kingdom

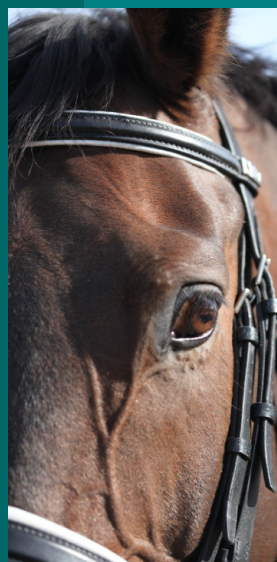


Winning Ways, 16 & 17 June, 2012

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	Cathy McGowan Chris Proudman	What makes a winner? Training for performance & injury prevention Insights into racetrack injuries and their prevention	Shaun McKane Chris Proudman
Fluid and electrolyte balance for competition How to avoid injury, lung problems and train for performance	David Marlin Shaun McKane	Fit on the inside: intestinal health for optimal performance and Feeding for Performance Training the heart	Chris Proudman & Pat Harris Lesley Young
Physiotherapy to maximise your horse's performance Improving your dressage	Narelle Stubbs Debbie Topping	Respiratory health for maximal performance Bleeders – what's all the fuss about?	Shaun McKane Ken Hinchcliff
Modern driving trials – The experts' advice The art and science in carriage design	TBC TBC	Blood profiles and overtraining Back problems in racehorses	Cathy McGowan René van Weeren
The art and science of bits and biting	Shane Kitching		
Show Jumping/Eventing	16 <sup>th</sup> June	Show Jumping/Eventing	17 <sup>th</sup> June
What makes an elite athlete? Training for performance and injury prevention Fit on the inside: intestinal health for optimal performance	Ken Hinchcliff Chris Proudman	Travel trouble? Avoiding problems during transport and time away from home Common limb problems of the performance horse – what to look out for?	David Marlin Ellen Singer
Back problems in competition horses Supplements – sage of wisdom or waste of thyme?	René van Weeren Pat Harris	Feeding for performance What makes your horse tick: Heart problems in perspective	TBC Lesley Young
Respiratory health for maximal performance Biomechanics of performance – how to create the ideal performance? The science and rider's perspective	Dr. van Erck René van Weeren & rider TBC	DOMS, overtraining and muscle disease Improving posture, movement and muscle recruitment with tack and training aids? Training your horse's core (practical)	Cathy McGowan Dr. van Weeren or Narelle Stubbs Nicole Rombach
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	David Marlin Ellen Singer	Exercise – How is it fuelled? Feeding for endurance	Ken Hinchcliff Pat Harris David Marlin
Back problems in competition horses DOMS, overtraining and muscle disease	René van Weeren Cathy McGowan	Fluid and electrolyte balance – before during and after training and competition rides Nutraceuticals and supplements – what works and what is waste of money?	David Marlin
Practical fitness tests - how to ensure your horse is fit Top tips on training the endurance horse for optimising performance and minimising injury The science and rider's perspective	David Marlin & rider TBC	Respiratory health for maximal performance Reducing the impact of transport on health and performance Monitoring your horse's heart	Emmanuelle van Erck David Marlin Lesley Young
Dressage	16 <sup>th</sup> June	Dressage	17 <sup>th</sup> June
What makes an elite athlete? Training for performance and injury prevention Ten top tips to improve your dressage Biomechanics of performance - how to create the ideal performance?	Shaun McKane David Marlin René van Weeren	Respiratory health for maximal performance Feeding for performance Poor performance and bad behaviour what could be going on?	Dr. van Erck TBC Ellen Singer
Training your horse's core (practical) The science and rider's perspective	Narelle Stubbs & Mark Davison TBC	How can we affect posture, movement and muscle recruitment with tack and training aids? Supplements – sage of wisdom or waste of thyme?	Nicole Rombach Pat Harris
Rehabilitation after injury (practical)	Nicole Rombach	Back problems in competition horses	René van Weeren

