

Conditioning Exercise Record

Horse: _____

Date: _____

Rider: _____

Conditions

Temperature _____ F/C

Humidity _____ %

Set 1

Forward direction (left lead)

Active distance: _____ feet/meters

Active heart rate: _____ beats per minute

Recovery heart rate:

Time to recovery heart rate _____ seconds

Reverse direction (right lead)

Active distance: _____ feet/meters

Active heart rate _____ beats per minute

Recovery heart rate:

Time to recovery heart rate _____ seconds

Set 2

Forward direction (left lead)

Active distance: _____ feet/meters

Active heart rate: _____ beats per minute

Recovery heart rate:

Time to recovery heart rate _____ seconds

Reverse direction (right lead)

Active distance: _____ feet/meters

Active heart rate _____ beats per minute

Recovery heart rate:

Time to recovery heart rate _____ seconds

Total active distance of workout _____ feet/meters

Notes: _____