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: ____________________________________________

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