

Eventing Explained - Lisa Randall

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Eventing Explained is a unique, all round view of how to start eventing for riders of all ages wanting to compete in their first affiliated horse trials. As well as being packed with top tips and exercises for riders in all three phases, it is also an ideal aid for parents or other halves of would-be event riders whose weekends will never be the same again once they hit the eventing circuit! A who's who section includes, amongst others, the responsibilities of the course designer, builder, secretary, regional coordinator and organiser in running a horse trials, and how their roles are relevant to a competitor. As well as information on getting your horse fit, there are also sections on rider fitness and sport psychology to prepare for the event and to do your best on the day. Colour-coded so you can pick out relevant sections at a glance, Eventing Explained is the must-have guide for riders wanting to compete at BE80, BE90 and BE100 level. Author: RANDALL, LISA Publisher: Kenilworth Press Illustration: N Language: ENG Title: EVENTING EXPLAINED Pages: 00176 (Encrypted EPUB) On Sale: 2012-04-30 SKU-13/ISBN: 9781905693474 Category: Sports & Recreation : Equestrian

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