



Daily Routine - Eventing riders

Version 1

DAILY ROUTINE FOR EVENTING RIDER

Monitor your horse's progress, performances and health.
Analyzing:

Strides

Jumps

Balance

Trends

Please note that the following Alogo Move Pro data use cases are provided as an example and each features are available for every disciplines (Show Jumping, Dressage & Eventing).

DRESSAGE



Longitudinal Balance

Improve your horse's **longitudinal balance** during Dressage sessions. It will help you to perform on each of the 3 disciplines!

Values should be slightly $>0^\circ$ "Back" to have a great longitudinal equilibrium (= balanced on the hips).



Straightness

Eventing horses need to be **straight** to execute different Dressage figures.

Your straightness has to be the closest to 0° so that your horse is straight in his gaits.



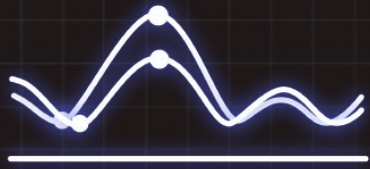
Lateral Balance

Correct your left/right **balance** on your horse so as not to disturb his lateral balance and thus be efficient in your work on each hand.

HOW?

	Longitudinal Balance (Front/Back)	Be close to 0° or slightly on the back
	Straightness (Left/Right)	Be close to 0° , meaning perfectly straight
	Lateral Balance (Left/Right)	Be close to 0° , meaning perfectly balanced

JUMPING



Jump Trajectory

Compare the **real jump trajectories** of your horse to better analyze on which fences profile you should work on for the next event.



Jump & Stride Regularity

Routine your horse to repeat its jumps to increase his **jump regularity score**.
The **stride regularity score** is also a great indicator of your approaches consistency!



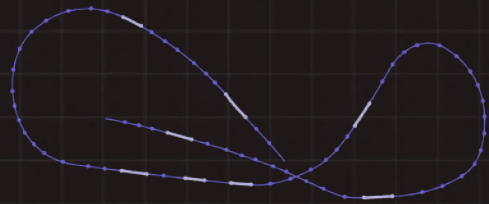
Strike Power

Measure the **strike power** as it is an excellent indicator of the horse's "fitness level", tiredness, strength and remaining energy (notably after a cross country course).

HOW?

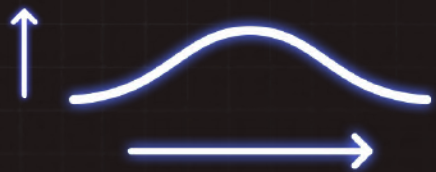
	Jump trajectory	The goal depends on the horse experience, technique, the fence approach and profile.
	Jump & Stride regularity	Goal Score : > 70%
	Strike power	The goal depends on the horse experience, technique, the ground, the fence approach and profile.

CROSS COUNTRY



GPS Path Mapping

Watch the **exact path** of your course. Thanks to this feature you will be able to see if you have been consistent during your course and discover where you have lost or won time!



Stride Length, Height & Cadence

Train your horse's **stride length**, **height** and **cadence** in order to be ready to go on a cross-country course in a great rhythm and to avoid time exceeding.



Energy Consumption

Have an idea of your horse's **energy consumption** for every effort he did in order to adapt the intensity of your sessions. It is a great feature to help you evaluate if your horse is in shape for an event, if he has made progress and avoid overtraining and injuries.

HOW?

	GPS Path Mapping	Visualise the exact path stride by stride and jump after jump
	Stride length, height & cadence	Length: 4m95* Height: 13 cm* Cadence: 120 strides/min*
	Energy	4'200kcal*

*Average values for a 4*L XC Course

SPRINT & REAL TIME MONITORING



Speed

Monitor your pace in real time and learn more about your average **speed** at each gait on the Alogo Application.



Distance

Set a **distance** goal to train the resistance and the fitness of your horse. You can also correlate this feature with speed or energy spent during the session, to plan accurate trainings for each horse and make them progress more efficiently.

Heart rate

NEW!

Alogo Move Pro's App will allow you to monitor your horse's **heart rate** by pairing the Polar Equine Heart Rate sensor to our App!

HOW?

	Speed	The goal depends on the training and horse level.
	Distance	The goal depends on the training and horse level.

TRENDS & COMPARISONS

- Alogo's App allows you to easily analyze the shape of your horse by showing you his trends for the past sessions. Is he losing or gaining balance? Stride length? Energy consumption? etc.
- You can compare your sessions with each other sorted by period (weekly, monthly, yearly) and for each horse, go directly on the horse's profile.
- And if you want to compare your horses to each other, you can do it in the "comparison" tab.
- ***OPTION: Alogo Analysis is able to provide you with personal analysis or global reports to answer your special questions & studies.**



*Paid feature



Thank you for your interest!

Questions?

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