



## The Fit Racehorse II

*By Tom Ivers*

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### **The Fit Racehorse II** By Tom Ivers

The power of winning is much easier now that exercise science and modern sports medicine are combine with intelligent horsemanship. This book will help you improve any horse's athletic abilities. It is more professional, accurate, and far more useful than any other race training and conditioning book. It is fully detailed, yet easy to read. It's a breakthrough that exceeds all "traditional" routines. Covers Thoroughbreds, Standardbreds, and Quarter Horses.

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### Editorial Review

From the Publisher

The original version of this book, The Fit Racehorse, is still available in very limited quantities.

From the Inside Flap

The Fit Racehorse II is much larger, completely revised, and very different than the original book The Fit Racehorse. Although the first book was popular, and improved the success of many trainers and owners, this revised version is a dynamic improvement. Based on years of solid research, use of high-tech equipment, track successes, and persistent record-keeping, this is the most complete, informative, and easy-to-read book on equine interval training exercise science available! No serious racehorse owner or trainer-of Thoroughbreds, Standardbreds, or Quarter Horses-can afford to ignore the knowledge and prosperity offered by this book. It is essential for anyone who thinks racehorse training should produce health, soundness, speed, and real financial success!

About the Author

Tom Ivers is one of the industry's leading experts on equine sportsmedicine. He has written several books, many articles, publishes a monthly newsletter, and has produced lots of videotapes on equine exercise physiology and related disciplines. He spends his time training and studying racehorses, reading reams of scientific literature, writing, and consulting for people interested in interval training or sportsmedicine. He currently resides in Washington state with his wife, Edie.

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**Frances Savage:**

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**James Ellis:**

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