

Thoroughbred race training practices at the Służewiec Racetrack in Warsaw

Summary

The aim of the article was to present the methods for training Thoroughbred horses used at the Służewiec Racetrack in Warsaw. The horses begin training at the age of about 18 months and compete from the age of two years. What distinguishes training of a 2-year-old horse is that its capabilities cannot be fully exploited if we consider the future development of its racing career in a comprehensive manner. Training of a three-year-old horse involves longer distances and takes the form of even, fairly fast canters over the entire distance covered. The principle used in training 4-year-old and older horses is to maintain the animal's condition from the previous season and to counteract fatigue. There is no single prescription or training method and there are no ideal conditions for training a horse. The racehorse trainer's tool remains the basic principles of training: individualized development, progressive increase of the workload, regularity, specificity, overload and restoration, and cyclicity.

KEY WORDS: Thoroughbred horses, horse race training, Służewiec Racetrack