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PRACTICAL HORSEMAN
EXTRA

REFRAME THE WAY YOU SEE DISTANCES

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Reframe the Way You See DISTANCES

Finding a distance is about making a choice and committing. An upper-level eventer shares five exercises to help you do this.

BY LILLIAN HEARD WOOD WITH SONIA TAYLOR

When I was a working student in my late teens and early 20s, I thought I was pretty good at judging the right distance to a fence—the horse's takeoff spot. But as I progressed through the levels, I realized my eye wasn't as good as it needed to be. Sometimes I saw a distance. Other days I didn't. I couldn't put my finger on how to be more consistent.

In the course of training with and observing various coaches, I realized I could achieve better accuracy by practicing a variety of exercises. Using these exercises combined with mental strategies, I developed my own approach to help myself as well as amateurs and young riders tackle this challenge. I'll share this approach with you so that you

▼ If you don't see a distance to a fence, you may be coming in on a half-stride. Empower yourself to make a choice to go deep or go long at least three strides in front of the fence and commit to that choice fully.

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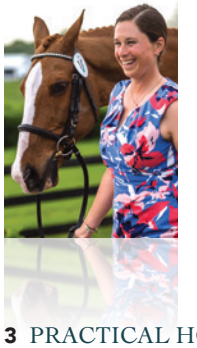

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ABOUT LILLIAN HEARD WOOD

Lillian Heard Wood *runs her training business out of Lanefield Farm in Coatesville, Pennsylvania. She's an international competitor with 16 CCI5* completions, including top-20 finishes at the Defender Kentucky Three-Day Event and Land Rover Burghley CCI5*. Originally from Poolesville, Maryland, she developed a passion for eventing while competing in the U.S. Pony Clubs. She spent 10 years as a working student for Boyd Martin and five-star competitor Jan Byyny, and she worked in Ireland and in England in multiple international yards, most notably for Carol Gee of Fernhill Sport Horse Center.*

▲ The first step to developing a better eye is knowing when you are going to leave the ground. The more you are aware of when you are going to leave the ground, the more power you have to change the distance to the fence.

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You need to be able to send your horse forward equally as you need to be able to collect him. I call this the "middle canter." It's in the middle of going forward and of collecting. This middle canter helps you be accurate.

> **TIP**
>
> *The first step to developing a better eye is knowing when you are going to leave the ground.*

can develop your skills for finding a distance.

Understand Your Relation To the Fence

Typically, when you misjudge a distance, it feels uncomfortable. You might get left behind as your horse leaves long (too far away from the fence) and launches over the fence. In other cases, you may fall forward or become unseated as your horse chips in an extra stride (leaves too close to the fence) and pops over it. Either scenario is unnerving for you and your horse.

The first step to developing a better eye is knowing when you are going to leave the ground. After you jump a fence, ask yourself, did you take off too long or too deep? The more you are aware of when you are going to leave the ground, the more power you have to change the distance to the next fence. If you don't ask yourself these questions, the road to seeing a better distance will be harder.

The more you understand your relation to the fence, the more accurate you will be. Accuracy means a more comfortable and confident ride for you and your horse. Asking your horse to get you out of a sticky situation on a regular basis can damage his confidence and yours. The more he trusts you, the more likely he is to bail you out of trouble because you've gotten it right so many times before.

Reframe the Way You See Distances

I can't tell you how many times I've heard a rider say, "I just didn't see a distance." But that's not the problem. Instead, it's because you saw you were on a half-stride and you couldn't decide which distance to go for—the long or the short. In that moment, you freeze, not committing to either one. A stride or two goes by, and it's too late to make a change, resulting in an awkward fence.

Distance issues are mental. Seeing a distance is about making a choice and committing. I can see the moment a student realizes she is on a perfect stride (where the horse will leave the ground comfortably) or a half-stride (where the horse will leave too far away or too close). The student's body language gives it away. On a perfect stride, she is relaxed. On a half-stride, she is tense and looks like a deer in headlights.

Reframe the way you see distances. Let's assume you're consistent at seeing a distance three strides out. When you don't see anything, consider that you're coming in on a half-stride. You can still make an adjustment within three strides, but it's really hard to make an adjustment at one. Empower yourself to make a choice to go deep or go long and commit to that choice fully. Use more leg to get the longer distance or half-halt to get in one more stride. Remember that no matter whether you go long or go deep, keep your leg on to give your horse the confidence he needs to jump the fence.

Retraining your thought process is a very difficult mental exercise but one that will be worth it in the long run. Once you empower yourself to make a choice, work on making decisions farther out so that you can make the proper adjustments early and ride quietly to the fence.

Furthermore, don't let one bad distance impact your next fence. You can't simply say that you're going to add a stride before the next fence just because you went too long the fence prior. Treat each fence individually. Assess the canter you have and the canter you need for the next fence, then adjust the

> **TIP**
>
> *Distance issues are mental. Seeing a distance is about making a choice and committing.*

stride based on the distance you see.

We'll get to the exercises I mentioned earlier in a moment, but first—a word about the canter. There is always a lot of discussion about riding the "right canter." If you ride a balanced and rhythmical canter, the distance will follow. That's true. The canter is important because it needs to be adjustable. You need to be able to send your horse forward equally as you need to be able to collect. I call this the "middle canter." It's in the middle of going forward and of collecting. This middle canter helps you be accurate. If you're riding a canter that doesn't allow you to move forward or collect easily, you likely won't be able to change your distance before a fence. So when practicing the following exercises, work out of this middle canter.

Exercise 1: Canter a Ground Pole on a Circle

One way to strengthen your eye is by cantering a ground pole on a circle. This gives you more opportunities to adjust your horse than if you simply ride over a pole on a straight line. You can do this every week whether you're jumping or riding dressage, and it's very easy on your horse's legs.

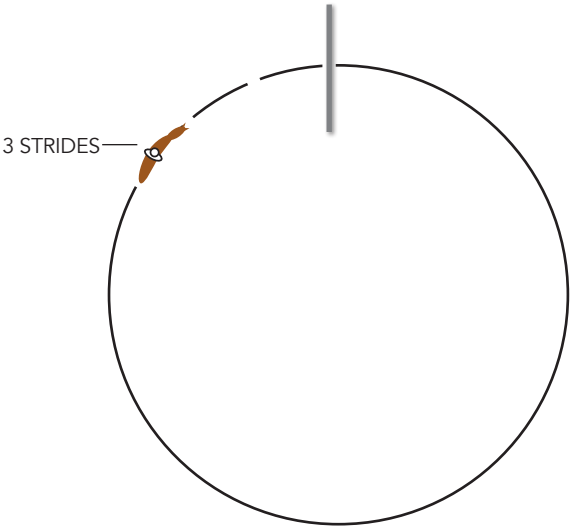
TIP

If you're riding on a trail, look for a tuft of grass and practice counting strides to that point.

Establish the middle canter and go over the pole. Notice at least three strides out when you're going to leave the ground. If you see the right distance, don't change anything. If you see a half-stride, decide between three choices to get the right distance:

- Collect the length of your horse's canter to add an extra stride by giving a half-halt. Squeeze with both leg and hand in your half-halt so the canter stays powerful as the stride shortens.
- Increase the length of his canter by squeezing with your leg and asking your horse for a longer step. Hold your upper-body position so the horse stays uphill and in balance as you lengthen the stride.
- Spiral slightly in or out by using your inside or outside leg to yield the horse onto a different track of the circle depending on what you need to get a comfortable approach. If the distance looks like it will be tight, spiral out slightly to increase the space between you and the pole to give your horse more room. If it looks like it will be long, spiral in to decrease the space between you and the pole. Often you will find it's easier for your horse to yield one way or the other. Work on yielding the hard way in your warm-up. For example, if yielding to the left would help your distance, but it's the harder yield for your horse, you still want to practice it.

Each time you go over the pole, assess your distance. Ask whether you left the ground when you thought you were going to. If you didn't, ask yourself whether you made the adjustment early enough for a quiet approach or long distance or whether you hesitated and waited too long. Avoid making too many changes that take away your horse's impulsion and freedom to jump effectively.



▲ **Exercise 1:** Set a single pole on a circle. Try to notice at least three strides out when you're going to leave the ground.

If you keep having issues getting the right distance, count out loud three strides in front of the pole so that you are honest with yourself about when you really thought you were on your last stride. Sometimes counting out loud encourages you to ride one distance or another until you achieve comfortable distances consistently.

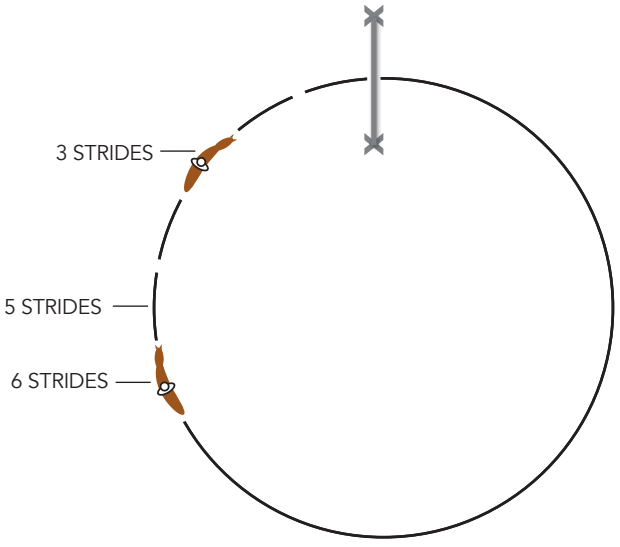
You can take this same exercise and apply it anywhere that you're riding. If you're riding on a trail, look for a tuft of grass or a branch and practice counting strides to that point. When you watch other riders, count their distances in your head. See if you can consistently count four, five and six strides in front of the fence. The more you practice and challenge yourself, the better your eye will be.

Exercise 2: Canter a Cavalletti on a Circle

After you can consistently canter a pole on the ground at the right distance in both directions, canter a low cavalletti on a circle. By keeping the jump low, the exercise is still one you can do on your own or on a dressage training day and maintain a safe environment.

TIP

Using a cavalletti enables you to mimic a jump while keeping the stakes low.



▲ Exercise 2: Set a single low cavalletti on a circle. If you're confident seeing three strides out, challenge yourself to see five and six strides out.

As you did in the pole exercise, find your middle canter and approach the cavalletti. Pay close attention to when you leave the ground. Can you see the distance at least three strides before the jump? If you don't see a distance, can you retrain your mind to notice that you're on a half-stride and collect for an extra stride or increase the length of your horse's canter to get the right distance? Or can you adjust your circle to get a quiet, comfortable approach?

If you're confident seeing three strides out, challenge yourself to see four, five and six strides out so that you can make your adjustments sooner. If you do that successfully, try to see the distance at seven or eight strides out so that you make any changes well in advance of the jump. Remember if you are struggling, the chances are that you are worried about making the wrong decision and, as a result, you are doing nothing on the way to the cavalletti.

Always Long or Short

When you consistently find one type of distance, it's usually because you don't trust you or your horse to take the opposite kind of distance. You simply default to what you know you can make happen, even if it is not the best choice for the situation. Horses need to practice going deep just as they need to practice going long. Work with your trainer on getting both kinds of distances to a fence so that you have the confidence to ask for and achieve a long or deep spot when the situation calls for it.

Exercise 3: Canter a Vertical

Next, canter over a vertical on a circle. Set the fence to a height that is comfortable for you. You want this exercise to be low stakes so that you can still make a mistake without it being unsafe or unsettling for you and your horse. Pick up a middle canter and ride over the vertical.

▶▶ TIP

Set the fence to a height that is comfortable for you.

For this exercise, it's not about whether you clear the fence; it's about whether you knew when you were going to leave the ground and whether you made an adjustment to your horse's canter early. Use critical thinking to assess each jump. If you keep seeing the same spot (long or deep), ask yourself why and aim to make an adjustment earlier.

Sometimes you might tell yourself that you're going to go long but you don't use enough leg to tell your horse when to leave the ground. Was it because you were scared that your horse wouldn't make it? Notice how your body language changes when you get an awkward distance. Are you tensing up? Are you picking at your horse's mouth? Riders go back to what's comfortable for them when they get nervous. Know your weakness and recognize when it's happening so that you can stop it the next time around.

Exercise 4: Canter a Line

Set up two small verticals set 69 feet apart. Pick up your middle canter and ride the line in an even five strides. In the middle of the line, assess if you are on track to get the five strides. If you think you are going to get to the second fence too soon, ask your horse to collect his stride. If you think you are going to get there too late, add your leg and ask your horse to lengthen his stride.

Repeat this exercise, this time riding the line in six strides by collecting your horse's stride the moment you land from the first fence so that you put in six even strides and don't squeeze in the sixth stride at the last second. In the middle of the line, check how you're doing and adjust as needed.

Next, repeat the line in four strides. To do this, you will have to ask for more impulsion going into the first fence. Midway down the line, check to see where you are in relation to the fence and make a decision, if needed, to lengthen or collect your horse's stride.

The goal of this exercise isn't simply to get the number of strides you set out to ride. It's to get the second vertical at a comfortable distance. To achieve a comfortable distance to the second vertical, you have to know where you are in the middle of the line.

When you take a moment in the middle of the line to check how you are doing on accomplishing your set number of

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Show Jumping vs. Cross Country

In the stadium phase, the fences come up one after another after another, forcing you to make several decisions in a compressed amount of time. Whereas on cross country, you have more time in between the fences to do a mental reset or to get the pace you need. There are usually more people watching stadium, and that can impact nerves! Anxiety is a big detractor to success. The more you practice your stressors at home, the better equipped you'll be in the show ring to settle your nerves, make a decision and fully commit to a distance.

strides, and you make a decision to either push more, stay the same, or whoa, you are basically "seeing your distance" to the second vertical.

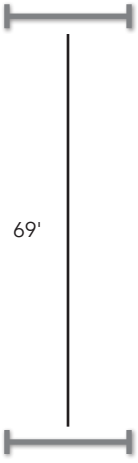
Exercise 5: Practice Your Stressors

The ability to make quick decisions is much harder under stress. At home, practice the questions that stress you out at shows. You must develop mental toughness to be more accurate so that you can be in charge every step of your course. No matter who you are or what level you're competing, you're going to be a little less accurate at the show. Practice, conquer your fears and strengthen your mental stamina.

With the help of a coach, set up a combination of fences that put you in your stress zone. If jumps over 3 feet make you nervous, set up three fences, including one at 3-foot-3. If oxers make you nervous, set up two verticals with one oxer. If a particular kind of turn paralyzes your decision-making skills, set up the turn with two or three fences at a low height.

Test yourself in a scenario that threatens your decision-making skills, but do it in a manageable way so that you are comfortable enough to make decisions and be effective. Ride the combination and assess your ride. If you got a good distance, try to mimic the same pace and approach. If you got an awkward distance, trust yourself to make the right decision. Trusting yourself is half the battle!

Developing an accurate eye is a skill you will work on for the rest of your riding career. Whether you are jumping, hacking or riding dressage at home, make these exercises a part of your regular routine, and practice every week. Next time your coach sets up a course, test yourself by identifying how many strides are in each line without her telling you. With a lot of practice, you can absolutely do it.



▲ In a line of two jumps, take a moment in the middle of the line to check how you're doing on accomplishing your set number of strides. When you decide to either push more, stay the same, or whoa, you are basically "seeing your distance" to the second vertical.

◀ Exercise 4: Set two small verticals 69 feet apart.

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SPORTHORSE NUTRITION KNOW-HOW

Learn about the different fuel sources and other critical requirements that are needed to support your horse's workload.

BY KATIE YOUNG, PHD

Successful performance depends on many things, including training, conditioning and the horse's inherent talent and heart. But without proper nutrition, the horse will not be able to perform to his full potential. Sporthorse nutrition is primarily focused on providing appropriate fuel to support workload, but it also involves supplying a complete dietary balance to replenish nutrients needed for muscle maintenance, facilitate repair and recovery, maintain normal body functions and balance, and support optimal health.

Energy/Fuel

Energy is the fuel used by the horse for all functions, including maintenance of body tissues and powering exercise. Energy stored in feed is measured in calories, usually reported in megacalories (Mcal) or kilocalories (kcal or Cal).

All horses have basic energy requirements to support maintenance activity. Energy is the nutrient most influenced by training and work in horses. The harder the horse works, the more energy is needed. In addition, the type of work influences what source of energy (fuel) should be provided. For instance, a hunter or dressage horse primarily works ***aerobically*** (longer, slower activities). Consequently, horses in those disciplines need fuel that supports aerobic metabolism. A jumper or eventer (cross country or stadium jumping) needs fuel to support ***anaerobic work*** (briefer, high-intensity activities).

Much of the energy in feedstuffs eaten by the horse can be

▲ Disciplines that fall under anaerobic activity—shorter, high-intensity activies—include show jumping and eventing. In these horses, nonstructural carbohydrates (sugars, starches) and some fibers fill this tank.

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▲ The type of work influences what source of energy should be provided. Hunters and dressage horses primarily work aerobically (longer, slower activities). In these horses, more fat is needed to support their metabolism.

burned via various biochemical pathways to produce ***adenosine triphosphate (ATP)***. This is the molecule that fuels muscle contractions. The horse has a well-developed, complex system to take chemical energy provided by food nutrients and convert it to mechanical energy for muscular movement.

The body has three "fuel tanks." These are body stores of biological compounds that can be metabolized to produce chemical energy. The compounds stored in the fuel tanks are ***glycogen***, ***fat*** and ***protein***. All three can be metabolized to produce ATP molecules, but there are vast differences in the efficiency of each.

There are four energy sources that can be fed to horses to fill the fuel tanks:

- Plant fibers (structural carbohydrates)
- Nonstructural carbohydrates (starch and sugar)
- Fats
- Proteins

How a Horse Utilizes Feed

Before diving further into describing and comparing these energy sources for working horses, it may be helpful to discuss

WHERE PROTEIN FITS IN

Although not an efficient source of energy for working horses, protein is necessary to provide essential amino acids. Amino acids are required for muscle mass development and tissue repair. They also supply nitrogen to replace what is lost in sweat. Exercise causes stress and damage to muscle tissue.

Amino acids (the building blocks of protein) are needed for muscle to adapt to the increased demands of exercise. However, the higher protein requirements are usually met by the increased feed intake necessary to meet the working horse's energy demands. This is assuming that the protein supplied is high quality and provides adequate essential amino acids. An *essential* amino acid cannot be synthesized in the horse's body and must be supplied in the diet. Some essential amino acids in horses include lysine, methionine and threonine.

Different proteins have different amino acid profiles. Dietary protein sources including soybean or canola meal and alfalfa supply a better mix of essential amino acids than cereal grains or grass forages. Horses actually have an "amino acid" requirement, not a "protein" requirement. When essential amino acids are lacking, muscle development and tone (such as a strong topline) cannot be maintained and performance can be impaired.

Feeds developed for performance horses contain high quality protein sources to provide required amino acids. Additionally, individual essential amino acids are often added to ensure working horses' needs are met. A typical performance feed usually contains 12–14% protein to support the working horse's demands. Again, as the workload increases, feed intake usually goes up with energy demands. Thus the amount of daily dietary protein is higher.

Keep in mind, however, these feeds are designed with a specific *minimum* feeding rate to provide sufficient nutrients. Consequently, horses in light work (especially easy keepers) may gain too much weight when fed even the minimum recommended amounts. In such situations, instead of a performance feed, these horses will benefit from a ration balancing feed. This feed contains concentrated high-quality protein, vitamins and minerals to meet nutrient requirements. However, it is fed at a very low rate (usually 1–2 pounds/day for a mature horse) and so does not supply unnecessary calories.

▲ Adding grain to the diets of working horses helps them meet their energy requirements.

how the horse utilizes feedstuffs in his body. As herbivores, horses naturally wander and graze plants (primarily grasses) and utilize plant fibers as the main source of dietary energy. The equine digestive tract is designed to process large amounts of forage almost continuously. While mammals do not produce enzymes to break down these structural carbs in their digestive tracts, the horse's voluminous hindgut (including the cecum and large intestine) houses billions of microbes, including bacteria, protozoa and fungi, that are quite efficient at digesting fibers through fermentation. The end products of microbial fermentation of fibers are ***volatile fatty acids***, and those VFAs are absorbed from the horse's hindgut and can usually provide adequate calories to support a nonworking horse. Some VFAs are easily used to generate ATP in the muscles. Others can be converted to the simple sugar glucose in the liver. This can then be either transported to body tissues and used as fuel or converted to glycogen or fat and stored for later use.

Historically, when horses were domesticated and put to work, people realized that forages did not provide enough energy to support moderate or hard workloads. This is because the horses were not able to perform their daily work without losing weight and body condition. The earliest solution was to add cereal grains (traditionally oats, barley or corn) to the horses' diets. These provide high levels of nonstructural carbohydrates (primarily starch) that contribute more calories per pound of feedstuff than forages. Digestion of starch in the horse's upper gut yields glucose. This is absorbed from the small intestine. Glucose may then be used as fuel immediately, stored as glycogen (usually the major fuel source for activity) in the horse's muscles and liver, or stored as fat.

Fuel Tanks Explained

So, back to energy sources and fuel tanks. The first fuel tank is glycogen, the primary fuel used for anaerobic activity. As discussed, dietary fibers and nonstructural carbohydrates both contribute glucose for synthesis of glycogen. The benefit of burning glycogen (glycolysis) is that it's a readily available fuel when the horse needs to expend energy immediately. The downside of glycogen is that body stores are limited. Consequently, the horse will run out of glycogen after only a few minutes of maximal activity. Additionally, glycogen is not especially efficient at producing ATP molecules. And finally, an end product of the glycolysis is lactic acid, which can be harmful to muscle fibers. The combination of running out of glycogen and lactic acid buildup leads to fatigue in exercising horses.

The second fuel tank is fat, the primary fuel used for aerobic activity. The benefits of burning fat are multiple:

- the storage potential of fat is fairly extensive,
- fats and fatty acids can be used to fuel hours of submaximal exercise,
- burning fat is very efficient at producing ATP molecules,

VITAMINS AND MINERALS

Similar to protein, requirements for vitamins and minerals increase with bigger workload. But the ratios of these nutrients relative to calorie requirements remain consistent. Therefore, the increased requirements are met with a well-fortified performance horse feed provided in adequate amounts to meet energy demands.

Vitamins and minerals are needed in very small quantities. It is often difficult to recognize moderate deficiencies or excesses. However, maintaining appropriate levels of these nutrients is essential to ensure long-term health, soundness and performance of the horse. This is particularly true for nutrients involved in energy metabolism including B-vitamins, electrolytes (sodium, potassium and chloride), structural minerals such as calcium and phosphorus, and antioxidants such as vitamin E and selenium.

Some vitamins, including Vitamin C and some B-vitamins (biotin, riboflavin and niacin) have no established dietary requirement in the horse. They are assumed to be adequately synthesized in the digestive tract and/or provided in natural ingredients in amounts to prevent deficiency symptoms.

Feeding excessive levels of vitamins and minerals has not proven to be beneficial to performance and in many cases can actually become detrimental. Therefore, choose a properly fortified feed designed for performance horses. It is a more accurate approach to vitamin and mineral nutrition than trying to individually supplement these nutrients.

• end products are water and carbon dioxide, which are not detrimental to the body.

The main downside of burning fat is that it is a slower process. It cannot be used immediately to support maximal effort.

The third fuel tank is protein, but there are more downsides to burning protein as a fuel than benefits. Metabolizing protein to produce ATP molecules is quite inefficient (costs more energy to metabolize as fuel than glycogen or fat). It also produces more heat than other fuels, which must then be dissipated by the body and can affect performance. Protein is usually only used as an energy source when a horse is either fed an excessive amount of protein or when the horse is in negative energy balance (more energy is being used than is being supplied by the diet). In that case, the body will break down protein in muscle tissue to supply energy for maintenance activities.

Feeding Different Disciplines

As mentioned previously, the type of exercise should to some extent dictate the feeding program for the horse to supply appropriate energy sources. For nonworking horses, VFAs from high-quality forages will likely provide adequate energy for maintenance. If a horse is maintaining appropriate body weight and condition on forage alone, a ration balancer or vitamin/mineral supplement will supply nutrients typically missing in forages.

All working horses need nonstructural carbs to supply glucose as immediate fuel and as substrate for glycogen synthesis. Forages provide some nonstructural carbs but rarely enough to refill glycogen stores in moderate- to hard-working horses. Anaerobic activities, such as show or stadium jumping, require adequate glycogen to support the high-intensity work. Aerobic performance, including dressage, hunter or the cross-country phase of eventing, also utilizes some glycogen as fuel. However, there also must be adequate fat available for sustained work lasting more than a few minutes.

Working English sporthorses participating primarily in aerobic activity often benefit from diets containing supplemental fat. Feeding fat to horses provides benefits beyond simply a substrate for aerobic metabolism. Fats are calorically dense and energetically efficient. This means that they provide more than twice the calories by weight as carbohydrates in general and generate much less heat of digestion than fibers.

Replacing nonstructural carbs with fat in horses' diets may also affect demeanor. There are some reports of horses being calmer on fat-supplemented diets. Further, research has shown that adding fat to the diets of performance horses may improve performance, such as increased stamina and delayed onset of fatigue. However, dietary fats cannot quickly replenish glycogen stores, so we cannot completely replace nonstructural carbohydrates in horses' diets. When a horse runs out of glucose, performance will drastically drop.

***Katie Young, PhD**, is an independent equine nutritionist providing consulting services to horse owners and veterinarians. She also works with Kentucky Equine Research as a consulting nutritionist. Prior to starting her own business, Dr. Young was an equine nutritionist, product manager and technical services manager with Purina Animal Nutrition for several years. There her responsibilities included developing and maintaining horse-feed formulas and standards as well as ingredient and production standards. Dr. Young earned her bachelor's degree from Missouri State University and her doctorate in equine nutrition and exercise physiology from Texas A&M University. Currently she rides and competes in eventing and works as a trainer and riding instructor in the Kansas City area.*

It would be easy to say, "Feed show jumpers higher sugar/starch diets for brief, high-intensity work. And feed dressage, hunters and eventers higher fat/fiber diets for more sustained work lasting more than a few minutes." However, life is never that simple. The work performed during training and competing in all disciplines is a blend of anaerobic and aerobic work, so all the physiological fuel systems are in play. The art of feeding performance horses comes in finding the best combination of dietary energy sources to meet an individual horse's fuel needs for a particular activity as well as meeting that horse's distinct metabolic needs.

Interestingly, a recent study comparing nutrient content of performance feeds fed to elite performance horses in the United States versus Europe noted that European feeds tended to be fairly low in fat and high in nonstructural carbs. The trend in performance horse feeds in the U.S. in recent years has been to utilize feeds high in fat and fiber and low in nonstructural carbs. Research studies have shown that horses who deplete their glycogen stores and are not provided dietary substrate to replenish the glycogen show reduced performance capabilities.

Additionally, it has been proposed that in some situations, relying on high fat/low nonstructural carb rations may compromise performance, particularly in intensely exercised horses. Further, some warmblood horses diagnosed with myofibrillar myopathy have shown improvement when their diets are adjusted from high fat/low nonstructural carb to low-moderate fat/moderate nonstructural carb (along with specific amino acid and antioxidant supplementation). More research may help to determine the best options and mixtures of fuel sources to support varying exercise levels and metabolic needs of working sporthorses.

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