		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Readings - Self Learning			**Arioneo textbooks:** - Heart rate and performance - Locomoton and acceleration		
	Live class	**Welcoming session (1h)** - Presentation of everyone - Presentation of the program - Presentation of the elearning platform - Presentation of the tutoring classes - Group Q&A shared sheet **Introductory guest speaker video (2x 1h)**				
	E-learning : on-demand virtual class		**Speed - Cardiorespiratory system - Locomotion: the basics (20 min)** - General anatomy - Gait mechanism - Performance indicators - Key figures	**How to read a data report? Diving into parameters (90 min)** - Interpreting the graphs - Recovery parameters - Workout intensity & effort zones - Locomotor profiles & acceleration strategies - Comparison tool - Different types of parameters and their calculations		**Equine physiology applied to athlete horse training (55 min)** - Cardiovascular & respiratory system and how they interact - Energy production mechanism
	Quiz		Quiz	Quiz		Quiz
	Assignments				Choose the right parameters for each trainer type considering their constraints	

Note that quizzes and readings can be done anytime of the week. Live classes recordings will be available on the e-learning platform.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Readings - Self Learning			**Arioneo textbooks:** - Speed analysis in training and racing **Videos:** - Data & future performers - How to set up a data science unit in a horse racing stable		
	Live class					**Optional Tutoring class** Live session with an instructor to: - Ask all of your questions - Review the assignments - Review the notebook - Discuss all together!
	E-learning : on-demand virtual class	**Data analysis in practice: How to write the perfect Flash Analysis? (50 min)** - What parameters to highlight for an efficient analysis - How to adapt your analysis to your audience - Synthesizing the data	**(Optional but highly recommended) Excel for beginners (30 min)**	**Longitudinal analysis (30 min)** - What to look for when building a report for a horse? - How to leverage a database **Guest speaker video (2 x 1h)**	**Excel and mathematics basics (50 min)** - The mathematics behind Arioneo parameters (recovery models, stride calculations, automatic adjustments) - Building an Excel dashboard for visual and automated reports - Big data analysis	**Horse anatomy and the effect of training on the horse's tissues (35 min)** - Type of muscles - How to develop specific muscle fibers for a racehorse - Improving metabolism with training
	Quiz	Quiz			Quiz	Quiz
	Assignments		5 Flash Analysis			

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Readings - Self Learning	**Arioneo textbooks:** - Pathology analysis **Videos:** - Understanding and investigating a poor performance - Horse injuries, how do they occur? - How to avoid horse injuries?				
	Live class				**Optional Tutoring class** Live session with an instructor to: - Ask all of your questions - Review the assignments - Review the notebook - Discuss all together!	
	E-learning : on-demand virtual class	**Common pathologies of the athlete horse and how to detect them in the data (100 min)** - The most common pathologies of the athlete horse - Using data to prevent injuries	**Advanced sports science (30 min)** - How to detect track preferences for your horses - Advanced sports science calculations - Effort tests **Guest speaker video (1h)**		**Training for performance - Theory vs Reality (35 min)** - Best theoretical training plans (managing workload, effort tests) - Why is it not always suited and how to best adapt	**Everything we cannot control, why horse data science will never be a predictive science (30 min)** - External parameters impacting horse training - How to integrate them into your analysis - Communicating uncertainty with a racing team
	Quiz	Quiz			Quiz	Quiz
	Assignments			Make a presentation for a horse longitudinal followup		Bonus: Additional practical case

Note that quizzes and readings can be done anytime of the week. Live classes recordings will be available on the e-learning platform.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Readings - Self Learning			**Arioneo textbooks:** Communicating in the racehorse industry **Videos:** How do horses create energy? How to get the most of each horse?		
	Live class			**Optional Tutoring class** Live session with an instructor to: - Ask all of your questions - Review the assignments - Review the notebook - Discuss all together!		**Assignment presentation "My role in equine performance innovation" and goodbye session (1h)**
	E-learning : on-demand virtual class		**The ECG during effort: why looking at it and basic interpretation pre-vet exam (30 min)** - ECG basic knowledge - Alert signs of cardiac pathologies - Arrhythmias, signal correction and noice detection		**How to embark a racing team on a data journey? (35 min)** - Developing data-driven and individualized training plans - Getting accomplices on the field and training them - Adapting your communication and analysis formats	
	Quiz		Quiz		Quiz	Survey
	Assignments	Build your ideal monthly dashboard for performance and health monitoring of a stable on Excel				

Note that quizzes and readings can be done anytime of the week. Live classes recordings will be available on the e-learning platform.