

ADVANCED

Train as an equine performance analyst

by ARIONE0

Cohort 8 - Program for 22 June – 24 July 2026

		Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
Week 1	Readings - Self Learning	Arioneo textbooks: - Heart rate and performance - Locomotion 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 videos (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 29 June	Tuesday 30 June	Wednesday 1 July	Thursday 2 July	Friday 3 July
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)
	Quiz	Quiz				

Assignments

5 Flash Analysis

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	Monday 6 July	Tuesday 7 July	Wednesday 8 July	Thursday 9 July	Friday 10 July
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	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			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	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				Make a presentation for a horse longitudinal followup	

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	Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July	
Readings - Self Learning	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!		
E-learning : on-demand virtual class	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			
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.

	Monday 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July	
Week 5	Readings - Self Learning	Arioneo textbooks: Communicating in the racehorse industry				
	Live class			Goodbye session and assignment presentation "My role in equine performance innovation" (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 noise 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	Feedback Survey	
	Assignments	Bonus: Additional practical case			Assignment presentation "My role in equine performance innovation"	

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