

EQUINE **P**ERFORMANCE **T**RAINING

**IDENTIFY WHAT IS LIMITING YOUR
PERFORMANCE**

BUILD A STRATEGY TO WIN

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WHEN SHOULD A RIDER LOOK CLOSER?

Most horses don't need more work.

Most riders don't need another opinion.

They need to understand whether they are solving the right problem to their season.

RIDERS PARTNER WITH EPT WHEN:

- The horse feels good at home but cannot perform when it matters
- Veterinary examinations are clear, yet results have plateaued

They are stepping up level with a horse and want objective information before committing a season

- They tried using monitoring devices but struggle to turn it into competitive decisions
- Something feels off, but nobody can clearly identify what

MY ROLE:

Identify what is limiting performance

Build a strategy around what the horse actually is, not what everyone assumes it does.

WHAT INTERNATIONAL RIDERS DISCOVER

Sometimes the horse needs more fitness
Sometimes more experience
Sometime neither

The challenge is knowing which horse you're sitting on before the season tells you.

THE QUESTION ISN'T

"How hard should we train?"

THE QUESTION IS

"What is actually limiting performance?"

01: CHACCO

WHEN A TALENTED HORSE STOPS PERFORMING

THE CHALLENGE:

Experienced FEI horse unable to comfortably sustain competition preparation and showing increasing resistance to work.

WHAT EVERYONE THOUGHT

Behavioural Problem. The horse is "difficult," anxious, and defensive. He cannot tolerate daily work sessions longer than 25 minutes.

WHAT WE FOUND:

The horse was entering the ring with too little left in the tank.

HORSE LE LAME - AS* Salto Ostacoli			Pos.	Cavaliere	Pen.	Punti	Tempo
Data	Categoria	Prontuario	Rit.	CATERINA R	Rit.	0	0
08/02/2026	C145 GRAN PREMIO A DUE MANCHES	n. 8 - Cat. a due manches - Tab. A	14	CATERINA R	4	0	50.99
07/02/2026	C140 A FASI CONSEC.	n. 19.2 - Cat. speciale a fasi consecutive - Tab. A	7	CATERINA R	0	0	64.02
06/02/2026	C130 A TEMPO	n. 3 - Cat. a tempo - Tab. A					
HORSE LE LAME - AS* Salto Ostacoli			Pos.	Cavaliere	Pen.	Punti	Tempo
Data	Categoria	Prontuario	Rit.	CATERINA R	Rit.	0	0
12/10/2025	C145 GRAN PREMIO A DUE MANCHES	n. 8 - Cat. a due manches - Tab. A	16	CATERINA R	8	0	75.05
11/10/2025	C140 A FASI CONSEC.	n. 19.2 - Cat. speciale a fasi consecutive - Tab. A	15	CATERINA R	4	0	53.54
10/10/2025	C135 A FASI CONSEC.	n. 19.2 - Cat. speciale a fasi consecutive - Tab. A	9	CATERINA R	0/0	0	33

RESULT:

5th Place Grand Prix 1.40m
Achieved Within 30 days

Classifica G.P. 140 A DUE MANCHES
15/06/2025
n. 8 - Categoria a due manches - Tab. A
Altezza: 140 cm
Campo: FRIGOL
Montepremi: 4000 €

CLASSIFICA

Pos	Tes.	Cavaliere	Cavallo	Pen.	Punti	Tempo
1	26	ITA PALMUCCI CAROLINA GOLDEN VIEW SSD A RL	CASARGOS C Maschio OLDI BAIO 2016 - CASANOVA / CONTHIARA 1 / CONTHARGOS [AIL.]	0/0	0	42.33
2	24	ITA MASCENTI BRYAN FEVERE TIME HORSE ACADEMY SSD A RL	FENTANIL Maschio SELLA ITALIANO GRIGIO 2010 - CENTO / S-JOURWES / CORLAND [AIL. MELOTTO SERGIO]	0/0	0	42.66
3	53	ITA PALMUCCI CAROLINA GOLDEN VIEW SSD A RL	IMAGE VAN'T WINKENSHOF Z Femmina ZANG BAIO 2015 - CASTIJA VT WINKENSHOF Z / ILIAS VH VLASMEER [AIL.]	0/0	0	47.15
4	62	ITA FRESILLI PIERLUIGI P.R.P ASD	SKY LINE IL PALAZZETTO Maschio INDI BAIO 2015 - QUASIMODO Z / CARLITA Z / CARTHAGO [AIL.]	0/0	0	48.19
5	127	ITA R. CATERINA PORZIANO ASD	CHACCO DU ROUET Maschio OS bay 2016 - // [AIL.]	0/0	0	48.78

WHAT CHANGED:

Competition day management was rebuilt around the horse's performance profile.



IN 30 DAYS:

We tore up the traditional rulebook and built a competition routine strictly around his unique psychological and physiological profile. We bypassed crowded collecting rings entirely, implemented isolated low intensity aerobic session early in the morning, and tailored a strict 25-minute customized warm-up completely outside the main arena pressure.

02: CECELIA LAD

FIT ENOUGH TO COMPETE. NOT READY (YET) TO WIN.

THE GOAL:

Prepare a 4* horse for 5* Aachen 2026 World championship 2026.

THE COMMON PERCEPTION:

The horse was highly talented; the general consensus was that he simply needed more time, more milestones, and more mileage on standard tracks.

WHAT WE FOUND:

Fitness wasn't limiting performance. Preparation specificity was. He was training to compete. Not to win a championship.

CENTRO MILITARE DI EQUITAZIONE - CCI4* - L - CCI4* - S - CCI3* - L - CCI3* - S - CCI2* - L - CCI2* - S - CCI1* - I Completo			
Data	Categoria	Pos.	Cavaliere
12/03/2026	CCI2*S	24	ANDREA CI
CENTRO MILITARE DI EQUITAZIONE - CCI4* - L - CCI4* - S - CCI3* - L - CCI3* - S - CCI2* - L - CCI2* - S - CCI1* - I Completo			
Data	Categoria	Pos.	Cavaliere
12/03/2026	CCI2*S	24	ANDREA CI
ANAC PALMANOVA UDINE - CCI3* - S - CCI3* - L - CCI2* - S - CCI2* - L - CCI1* - Intro Completo			
Data	Categoria	Pos.	Cavaliere
05/09/2025	CCI3*-S	10	ANDREA CI
CENTRO EQUESTRE FEDERALE "RANIERI DI CAMPELLO" - CCI4* - S - (CCI4S) - CCI3* - L - (CCI3L) - CCI3* - S - (CCI3S) - CCI2* - L - (CC Completo			
Data	Categoria	Pos.	Cavaliere

AFTER

CENTRO EQUESTRE FEDERALE "RANIERI DI CAMPELLO" - CCI4* - L - CCI4* - S - CCI3* - L - CCI3* - S - CCI2* - L - CCI2* - S - CCI1* - I Completo			
Data	Categoria	Pos.	Cavaliere
01/05/2026	CCI4*S	4	ANDREA
01/05/2026	CAMPIONATI ITALIANI SENIORES 2026	3	ANDREA
01/05/2026	CAMPIONATI INTERFORZE CCE 2026	2	ANDREA
CIRCOLO IPPICO CASALE SAN NICOLA - B0* Salto Ostacoli			
Data	Categoria	Prontuario	Pos.
26/04/2026	C125 TEMPO	n. 3 - Cat. a tempo - Tab. A	1

RESULT:

Italian Senior Champion - 3rd Place
 +6 Championship positions VS 2025.
 4th place at the CCI4*-S in 8 Weeks



WHAT CHANGED:

We stopped generic conditioning. His training workload became hyper targeted around the exact metabolic demands of championship cross country. His competition planning became clear, objective, and aggressive exactly where his physical margins allowed it.

03: ORLANDO

POWER WITHOUT EFFICIENCY DOESN'T WIN

THE FOCUS:

Develop a sustainable, high-efficiency strategy for an 8 y.o. powerhouse stepping up to long format international competitions (CCI3*-L).

THE COMMON PERCEPTION:

An absolute powerhouse of an athlete. Because of his natural esuberance and explosive power, the assumption was that he simply required a significantly higher baseline of fitness to last the longer distances.

WHAT WE FOUND:

The horse wasn't lacking fitness. He was wasting energy.

CENTRO MILITARE DI EQUITAZIONE - CCI4* - L - CCI4* - S - CCI3* - L - CCI3* - S - CCI2* - L - CCI2* - S - CCI1* - I Completo			
Data	Categoria	Pos.	Cavaliere
12/03/2026	CCI2*S	30	ANDREA CINCINNATI
CENTRO MILITARE DI EQUITAZIONE - CCI4* - S - CCI2* - S - CCI1* - Intro Completo			
Data	Categoria	Pos.	Cavaliere
28/02/2026	CCI1*	15	ANDREA CINCINNATI

WHY IT MATTERED:

Power is useless if you run out of fuel halfway home. We turned raw power into calculated efficiency.

AFTER

CENTRO EQUESTRE FEDERALE "RANIERI DI CAMPELLO" - CCI4* - L - CCI4* - S - CCI3* - L - CCI3* - S - CCI2* - L - CCI2* - S - CCI1* - I Completo			
Data	Categoria	Pos.	Cavaliere
30/04/2026	CCI2*S	8	ANDREA CI
TOR DI QUINTO LANCIERI DI MONTEBELLO - CCI3* - L - CCI3* - S - CCI2* - L - CCI2* - S - CCI1* - Intro - CCIP2*-S - CCIP1* Completo			
Data	Categoria	Pos.	Cavaliere
03/04/2026	CCI2*L	11	ANDREA CI

RESULT:

From 30th → Top 10

Without increasing workload.



WHAT CHANGED:

We audited his exact effort distribution and rhythm profile. Instead of training him harder and causing unnecessary wear and tear, we mapped a precise competition pace that preserved his massive power until the final element of the cross-country.

WHAT RIDERS COME TO EPT *for*

- ✓ Understand whether a horse is truly ready to win stepping up a level
- ✓ Identifying where performance is being lost
- ✓ Making competition decisions with greater confidence
- ✓ Reducing guesswork around fitness, recovery and workload
- ✓ Turning objective information into practical strategy

HOW WE WORK

1. Assess

Where is the horse today?

2. Identify

What is limiting performance?

3. Strategise

What should implement?

4. Monitor

Is the strategy working?

5. Compete

With greater clarity and confidence (& results)



START WITH A PERFORMANCE EVALUATION

Designed for riders who want to understand:

- What is limiting performance
- Whether the horse is ready for the next level
- Where training effort is being wasted
- What should optimise before the next key competition

If you're currently asking QUESTIONS LIKE:

Is this horse genuinely ready to win on the next level?

Is my horse lacking fitness, experience or something else entirely?

Why do results at major events do not reflect what we see at home?

Are we investing our time and resources in the right areas?

That's usually where we start





*Hi, I'm Giordana, **Equine Performance Analyst & Biomechanics Specialist**. I work with riders, trainers and equestrian teams to build strategic **performance** plans reducing injury risk and improving results. My vision? Performance should be on a path with a clear path.*

Let's connect on [Instagram](#) or [LinkedIn](#) to find out how to build lasting results.



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