GETTING STARTED GUIDE
How to Begin Training with Heart Rate

STEP 1:   ESTABLISH A RESTING HEART RATE BASELINE

Why is this important?

Knowing your horse's resting heart rate (RHR) can give you better insights into his overall wellbeing.

- A normal RHR is between 25 and 40 beats per minute (bpm).
- An elevation in RHR may be an indication of pain, sickness, excitement or fear.
- An elevated RHR, coupled with a high temperature, is a sign that you should call your vet.
- Measuring RHR in the morning can provide important data for determining day of training plans.

How do you establish a RHR baseline in the Hylofit app?

- Open the app and go to your horse's profile
- At the top of the screen click the red button that says "Measure RHR"
- You must put the girth attachment on your horse with a surcingle and make sure the transmitter is paired in order to start the RHR reading. The reading will take 2 minutes.
- Take three RHR readings (on separate days) in order to establish a baseline. For best results, RHR should be measured in the morning when the horse is resting in the stall. The reading should be done by someone the horse knows well and not during feeding time.
- Once you have a baseline RHR, future readings will be compared to the baseline and any deviations (+/- 5 bpm) will be accompanied by an alert in the app.

**STEP 2:   ESTABLISH A WORKING HEART RATE BASELINE**

How do you establish a working baseline in the Hylofit app?

- Open the app and go to the RIDES screen. Select *Baseline* as the activity before starting a ride.
- Follow the steps below to complete the 21-minute baseline test.
- Once you have a baseline, future tests can be compared to each other by going to the horse profile and filtering on baseline.

BASELINE TEST (21 minutes)

Gait	Walk (warm up)	Trot Left	Walk	Trot Right	Walk	Canter Left	Walk	Canter Right	Walk (cool down)
Time	5 min	2 min	1 min	2 min	1 min	2 min	1 min	2 min	5 min
Normal Heart Rate Range	50-90 bpm	80-140 bpm	50-90 bpm	80-140 bpm	50-90 bpm	120-170 bpm	50-90 bpm	120-170 bpm	50-90 bpm
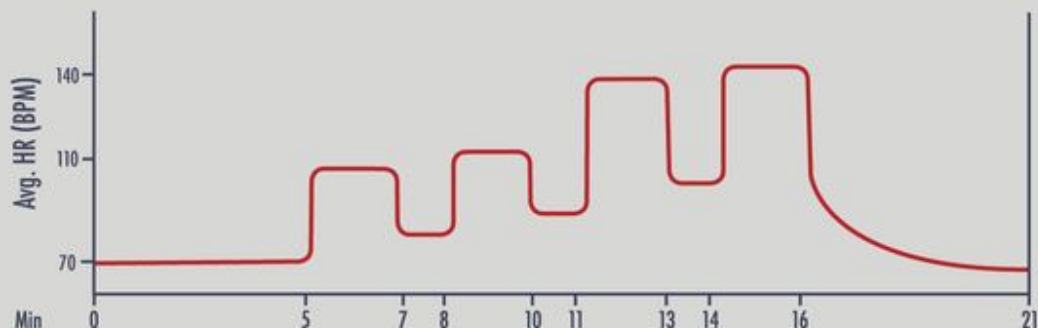
Why is this important? [Read more here](#).

- Establishing a baseline and comparing performance to the baseline overtime allows you to track the gains (or losses) your horse has made in terms of overall health and fitness.
- Tracking baseline data can also be a way to screen for injury or illness.
  - A baseline test with an abnormally elevated heart rate during a specific component of the test (i.e. trotting to the left) could indicate injury or pain.
  - A baseline test with an abnormally elevated heart rate during the entire duration of the ride may indicate loss of fitness or onset of illness.

STEP 3:   USE HEART RATE TO TRACK FITNESS OVER TIME

Why is this important?

Like people, horses vary in individual response to training. Despite similar work, horses will reach fitness goals at different times and some will lose their fitness much faster than others. Factors such as age, genetics, personality/mentality, and normal activity levels all factor into the way a horse will respond to training.

- Measuring heart rate is an objective way to see how hard your horse is working when you train.
- Use heart rate to determine the right intensity or effort for every workout.
- Vary your training (as appropriate for your discipline and training goals) to build strength and coordination and gain maximum fitness benefits.

To learn more, please visit our blog:
https://hylofit.com/blogs/blog/train-smarter-to-build-fitness-and-reach-performance-goals-hylofit