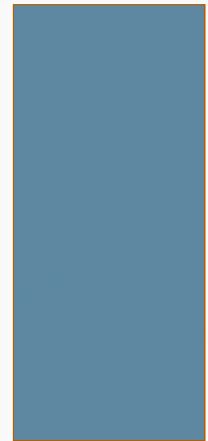
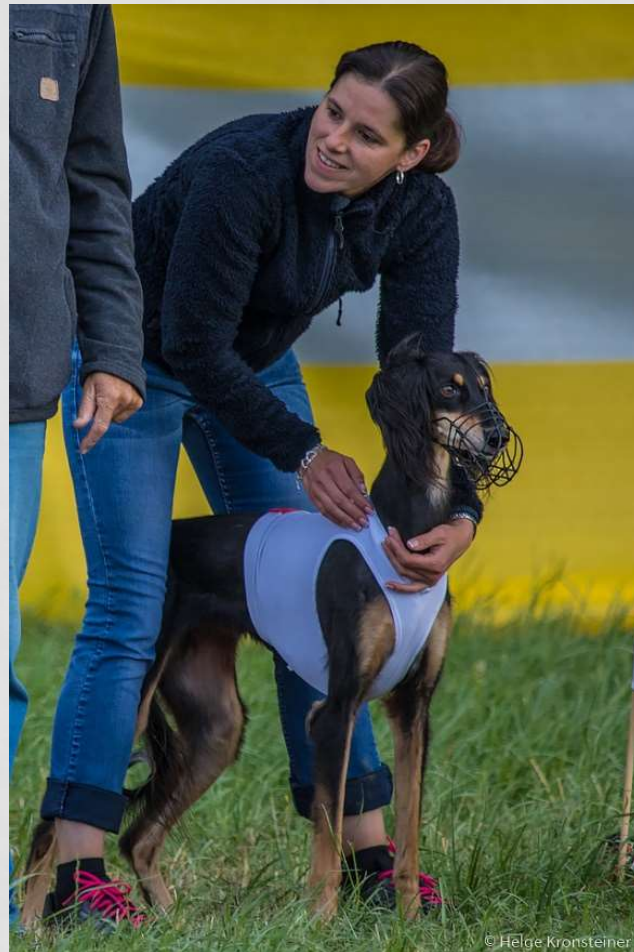


# LURE COURSING SEMINAR

HELGE KRONSTEINER



# GOOD NEWS



# BAD NEWS





















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# HUMAN ATHLETE

- For example Usain Bolt
- Beware of Youtube

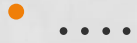
# PREPARATION AT HOME

- Let the dog mature
- Sleep
- Daily activity
- Different surfaces
- Weather
- Strengthen the awareness of the body
- Teeth and nails





# FOOD



# PREPARATION - TRIAL

- Your responsibility
- Travel
- Pack list
- Information
- Stress

# DAILY LIVE VS. TRIAL

- Stress
- Noise
- Excitement
- Running away
- All alone
- ...



# WHY WARM UP & COOL DOWN

- Prepare body and mind
- Prevent injuries

# WHAT HAPPENS DURING WARM UP?

- Blood circulation
- Cardiovascular system
- Blood pressure
- Breathing
- Body temperature
- Joints, muscles, nerves
- ...

# IMPORTANT!

- No training time
- From slow to fast
- No long waiting time
- Outside temperature
- Training and age



# WARM UP EXERCISES

- Walk – trot – walk - ...
- Stand – sit –stand – down - ...
- Stretching (circle, slalom, neck, hips,...)
- Increase the speed

# COOL DOWN

- Mind + body !
- Remember ... cardiovascular system, heart rate ..
- Waste products (lactic acid)
- Massage

# INJURIES + TREATMENT

- Be prepared
  - First aid kit
  - Veterinarian
  - Get help
- 
- Physiotherapy, osteopathy, chiropractor, muscle man, Bowen therapy, swimming, underwater treadmill, laser, homoeopathy,...
  - TIME

