

# Scenic Blast during a 'leg speed' workout, 1 month before winning the Group 1 Lightning Stakes at Flemington

## Scenic Blast

5 year old Gelding

Trainer Danny Morton

Location : Ascot

**E-TRAKKA**

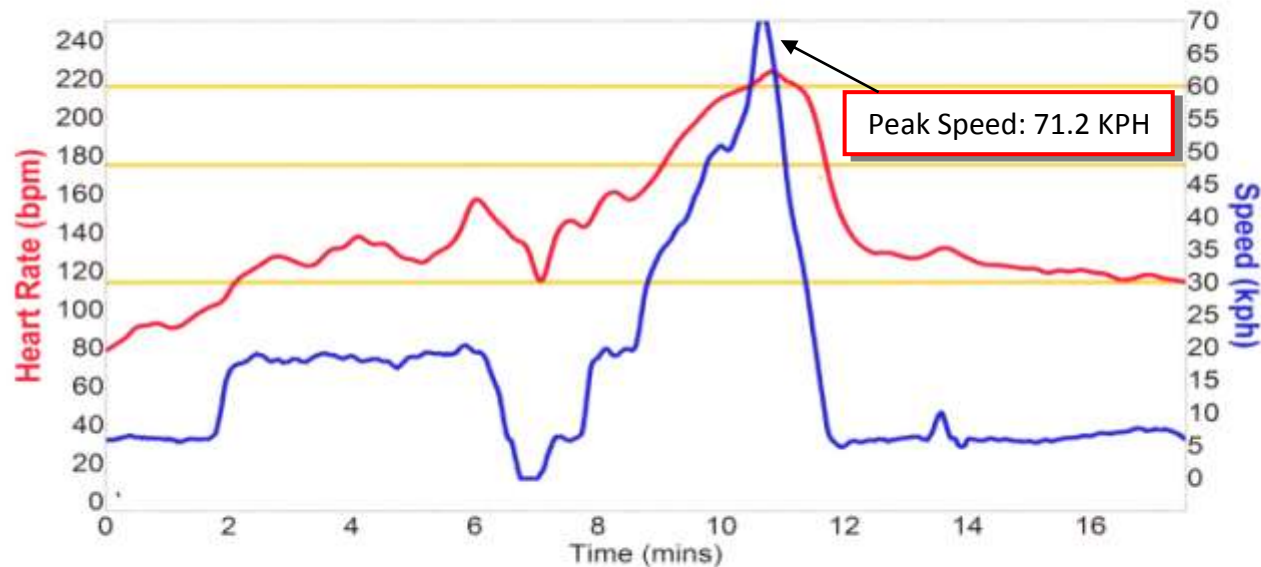
Date 30/12/2008  
 Start 6:31 AM  
 End 6:48 AM  
 Duration 18 mins  
 Surface Grass  
 Rider  
 Conditions

### Fitness Measurements

AC 30.2  
 VHRmax 49.0 kph  
 Peak Speed 71.2 kph

### Heart Rate Measurements

Max. HR 223 bpm  
 HR45 197 bpm  
 Trot Av HR 136 bpm  
 Canter Av HR 183 bpm  
 Gallop Av HR 209 bpm



### Notes

Leg Speed Workout

Last 200: 10.3s

Distance	200	400	600	800	1000
Total Time	10.3 s	23.2 s	39.6 s	54.6 s	1 m 10.2 s
Split Time	10.3 s	12.9 s	16.4 s	14.9 s	15.6 s