

The sports performance conditioning programme at the Institute of Sport Exercise & Health (ISEH) has been developed to help you enhance your fundamental physical capacities while reducing the risk of injury.

The first step is to complete a comprehensive needs analysis to determine the physiological and biomechanical demands of your sport. This is followed by a performance testing battery to ensure your training provision is individualised and adaptation led, seamlessly integrating testing and training.

A variety of training modes are included, with a focus on athletic development. Programmes are suitable for both elite athletes and weekend warriors alike, whether you are looking to enhance your sports performance or are aiming to return to play following an injury.

Education is also an important component of the programme so that you can understand and adopt the fundamental training principles, and apply them with confidence in your own environment.



PROGRAMME STRUCTURE

Training will be organised into blocks depending on the length of programme. For example, a 12-week training programme will be split into three four-week blocks. In most cases, you'll have two sports conditioning sessions per week, although higher volume-based approaches are available.

WHAT'S INCLUDED

1. PERFORMANCE TESTING BATTERY AND ROUTINE MONITORING

Movement screening:

- Overhead and single leg squat
- Joint range of motion assessment

Strength diagnostics:

- Countermovement jump (double and single leg)
- Drop jump (double and single leg)
- Isometric squat (double and single leg)
- Isometric posterior chain (single leg)
- Isometric upper body push

Muscle capacity assessment:

- Isometric trunk holds
- Calf raises
- Hamstring bridge
- Single leg press (50% 1RM)

Aerobic capacity assessment:

- Wattbike 3-minute aerobic test or sub-maximal RAMP

2. INDIVIDUALISED STRENGTH AND CONDITIONING PROGRAMME*

Six-week, eight-week and 12-week programmes are available. Sessions can be tailored and performed at your training location or gym. Sessions can also be delivered in a small group format (up to four people), but each person will follow an individualised programme based on their baseline test performance.

*Individual coaching sessions can also be provided to review programme design and ensure technical competency in key areas of exercise prescription.

For further information or to book an assessment, please contact:

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