

Performance Support

A unique opportunity to achieve performance goals supported by integrated services in a multi-sport environment

- Loughborough Performance Support has a vast shared experience of working with coaches and athletes at the very highest level to deliver an integrated and detailed support to enhance athlete performance
- Our Performance Support Team have been instrumental in previous successes both at the University and externally, helping to win national and international competitions in a wide variety of sports, including at Olympic and Paralympic level
- Our world class facilities & services coupled with access to extensive research & expertise in fields from Sport Science to Technology create an outstanding performance environment for our athletes



World Class Performance Centre

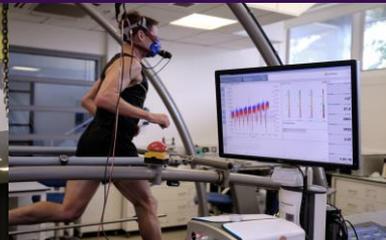
Built with performance in mind: a one stop shop to enhance athlete performance

World Class facilities

- Strength and conditioning gym – one of UK's largest and best equipped
- Performance laboratory
- Sports medicine and physiotherapy clinic
- Exclusive Performance Centre Athlete's Lounge
- Elite Athlete Centre – athlete focused nutrition and accommodation

Integrated services in a multi-sport environment:

- Physiology
- Strength & Conditioning
- Nutrition
- Psychology
- Physiotherapy
- A true ability for 360 degree performance assessment and training



Physiology

We help athletes enhance performance, plan for specific goals and make the most out of the time they have for training

Testing and programmes:

- VO_2 max – the greatest amount of oxygen you can take in and use, which acts as a ceiling on your endurance/aerobic fitness
- Lactate thresholds – useful for developing training zones, event-specific training, pacing strategies
- Running economy – how efficient you are when running, particularly relevant for the longer-distance endurance athlete (running)
- Maximal aerobic power output – highest power output for the last minute of the max test (cycling), acting as a ceiling to where your threshold powers reach
- Fuel utilisation – how much fat and carbohydrate you use in grams/min; particularly useful for endurance and ultra-endurance athletes
- Heat Acclimation
 - Temperature/ humidity controlled chamber, regular measurement of heart rate, perception of effort, perception of heat stress, tympanic (ear) temperature, body mass pre and post session plus fluid intake to calculate sweat rate, choice of exercise (run/ cycle/ x-trainer)
- Altitude Chamber
 - Mimics up to 4000m for increased haemoglobin mass, allowing for increased oxygen delivery and VO_2 max, regular measurements of heart rate, perception of effort and oxygen saturation, choice of exercise (run/cycle/x-trainer)

We provide data reports, with an explanation of what it all means, where your strengths and weaknesses lie, what type of training could be done to target the relevant aspects of your physiology that will help you achieve your goals and we'll help you implement a plan to achieve them

We work with international and national athletes competing at the highest level. Our athlete successes include PB times, medals and extreme endurance events



Nutrition

Our philosophy centres around 'food first', providing a sound knowledge base and forming habits for life

We design bespoke programmes to suit the athlete needs, address barriers to better performance, work towards training and competition goals and solve specific issues. A continuing discussion with the athlete optimizes effective nutrition strategies.

We provide both the knowledge and principles about fuelling effectively and recovery and more importantly the practical application to the athlete's unique needs and lifestyle:

- Initial assessments – covering individual goals, lifestyle, knowledge, habits, meal preparation, stress factors and diet analysis
- Design fuelling strategies for races and competitions
- Testing and race simulations to trial different formats for the athlete to find the right solution for them
- Preparation for flights, travel, changing time zones and environments
- Practical sessions eg meal preparation and athlete education including resources eg recipes, infographics

Working in a multi-sport environment means we have a breadth of experience and transference of ideas across sports allowing the athlete to benefit from collective nutrition expertise.

We support a wide range of athletes and sports, from world and commonwealth champions to university performance athletes competing in BUCS.



Strength & Conditioning

Our purpose is to ensure athletes are fit and strong enough to cope with the demands of their sport

Delivering a leading athletic development programme, bespoke services and support to athletes and teams providing a highly personal training experience

- Tailored training for strength, power, speed, agility and conditioning which enhance athlete durability and reduce injury risk
- One to one training, pre-season camps, team training, event specific training and preparation focused on outcome goals

An inspirational environment, training around other elite athletes:

- World class facilities designed to allow athletes the space to train appropriately, including 40m sprint corridor, free weights, functional area, weight lifting platforms turbo trainers and watt bikes

Expert team working across a multi-sport environment, accredited through UKSCA with extended network of support in the School of Sport, Exercise and Health Science and campus NGBs

- Experience includes international level athletes and para athletes; Premier League, world and youth cup winners; Premiership Rugby, Welsh Rugby Union



Psychology

Our aim is to promote consistent focus to training in this area, enabling our athletes and teams to achieve their potential and gain a competitive advantage. Every client is unique so we develop tailored strategies for athletes to gain a performance edge through regulation of thoughts, emotions and behaviours.

Highly trained and accredited staff, all being HCPC registered practitioners and pathway practitioners.

Expertise is underpinned by world class research on campus, as well as support from specialist academics within the School of Sport, Exercise and Health Sciences.

Bespoke one to one consultation, group workshops, educational resources, reports, plans of work and contribution to training session designs that prepare the athlete to perform when they need to most.

- Coach and athlete relationships
- Decision making
- Performance under pressure
- Mental Health in sport
- Team cohesion and leadership
- Youth sport development

Consultancy to professional football (including Aston Villa academy), cricket, golf, boxing, LTA and Paralympians



Physiotherapy

We offer a fully integrated and collaborative service across disciplines, committed to optimal sport performance

Experience

- An extensive depth and breadth of clinical experience accumulated within Loughborough's multi-sport environment
- Backed up by a network of further specialist expertise and support
- Provision to Olympic and Commonwealth athletes and para athletes, World Student games athletes; Professional clubs and National Governing Bodies

Programmes

- Tailored programmes for individuals, teams, pre-season or pre-event, in-season or in-competition aimed at enhancing athlete performance
- Aimed at optimizing performance, understanding areas of athlete focus, improving strength, control and stability

Understanding the Client

- Initial Testing and in-training assessments against objective markers to address areas for development including:
- Joint range of movement, Flexibility, Core strength, Functional strength, Quality of movement

Process

- Our experienced and committed team of specialists work with athletes throughout their journey and understand the demands of the sport
- Integrated into the athlete programme during testing, training, matches and competitions or specific events
- Working side by side with Strength & Conditioning coaches in the gym and other performance support services within world class sports facilities

