

Conditioning Classes

elite training at everyday prices

**THE
PERFORMANCE
CLINIC**

TECHNICAL AND TACTICAL STRENGTH AND CONDITIONING

Introduction

Conditioning Classes at The Performance Clinic are structured, and focused group classes for all ages and abilities.

You will learn how to train safely and effectively to improve your strength, power, and stability, and reduce your risk of injury.

All sessions are coached by our Accredited Strength and Conditioning Coach, and use equipment usually only seen in Performance Institutes or very few professional rugby clubs.

Our methods are effective, honest, and genuinely the best there is. Everything we do is underpinned by world leading scientific research, practice and principles.

There is nothing that you will see or do that we have not used with professional athletes.

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Classes

1 Essential

4 Woman

2 Dynamic

5 Youth

3 Endurance

6 Student

Essential

1

Essential - Strength & Power Training

There are more misconceptions about the role of strength training in sport than any other element of fitness training.

Learn how to train safely and effectively to improve your strength and power - whatever your sport or goal.

This is a focused Strength & Power Training class. Forget bodybuilding, train here to become stronger, and more powerful, than you ever imagined.

Timetable

Day	7.30 - 8.30pm	8.30 - 9.30pm
Monday	✓	✓
Wednesday		✓

Elite Training

All sessions are coached by our Accredited Strength and Conditioning Coach.



The UK Strength & Conditioning Association
ACCREDITED COACH

Everyday Prices

£6.00

per session

Note: Limited spaces available



STRENGTH

Strength is important in sports to:

- enhance performance by allowing the more forceful application of skills
- act as a basis for long-term power development
- aid in the prevention of contact and non-contact injuries



POWER

Power is a prerequisite physical characteristic for each of these skills regardless of the sporting context:

- acceleration
- directional change
- top speed
- jumping
- turning
- man on man play

(Brewer and Stone, 2005)



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Dynamic

2

Dynamic - Explosive Training

Training for power is one of the most controversial topics in athletic training.

This is a focused explosive training class, introducing you to plyometric and medicine ball training. No weightlifting involved, this session is intense, effective, and guarantees results.

If you want to increase speed, jump ability, movement economy, or simply reduce your risk of injury, this class is for you.

Timetable

Day	19.00 - 19.30	19.30 - 20.00
Tuesday	✓	✓
Wednesday	✓	✓

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Plyometric Training

Benefits:

- An effective tool to improve power and agility.
- Trains the neuromuscular system to respond more efficiently.
- Can be safely performed by ALL ages and skill levels



Medicine Ball Training

Benefits:

- Also an effective tool to improve power and agility
- Plyometric Training for the torso
- Medicine ball training has a total-body effect.



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Endurance

3

Endurance - Strength Training for the Endurance Athlete

So many endurance athletes avoid strength training in their programme, in doing so they are hindering the chances of knocking valuable seconds off their times, but more importantly they are seriously increasing their risk of injury!

This is a strength and conditioning class focused for endurance athletes. Learn how to train safely and effectively to improve your performance and reduce your risk of injury - whatever your event or discipline.

Timetable

Day	8.30 - 9.30pm
Tuesday	✓
Thursday	✓



Strength training for endurance athletes

Benefits:

- Stronger muscles = more durable muscles.
- An accurately prescribed and monitored strength training programme will improve performance



Power training for endurance athletes

Benefits:

- Training the neuromuscular system to respond more efficiently, results in improved movement economy - and subsequently improved times.



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Woman

4

Women Only Conditioning Classes

Although all our sessions at The Performance Clinic are mixed we also run women only sessions. With the chances of women sustaining serious knee injury being 5 times more likely than that of men, it is essential that strength training should be included in every training programme.

Learn how to train safely and effectively to improve your strength and stability, and greatly reduce the risk of injury - whatever your sport or goal.

Timetable

Day

6.30 - 7.30pm

Tuesday



Elite Training

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Strength training

Essential:

- Women are at greater risk of osteoporosis (a condition of porous bone) in later life.
- Strength Training improves bone density.
- Accurately prescribed strength training should be part of every training programme.



Prevention

- An accurately prescribed and monitored strength and power training programme will improve stability around major joints, highly reducing the risk of injury.



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Youth

5

Youth - Fundamental Conditioning for the Developing Athlete (age 14-16)

Fundamentally, the primary emphasis of training for the developing athlete should be a balanced physical development and building a foundation of athleticism.

Underpinned by leading scientific research, practice and principles this is a focused class for the developing athlete.

Learn how to train safely and effectively to support athletic development, reduce the risk of injury, and encourage prolonged participation in sport.

Timetable

Day	6.30 - 7.30pm
Monday	✓
Wednesday	✓

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Benefits

Fundamental strength, and stability training results in:

- stronger bones
- improved major structural stability
- improved co-ordination and flexibility.



Variety is key

- Variety of training is one of the most important training principles for the developing athlete.
- A varied training programme that focuses on overall athletic development, along with acquiring sport-specific skills and strategies, will lead to more successful performance at a later age.



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Student

6

Student - Group Training Classes for University Students

Although all our sessions at The Performance Clinic (TPC) are open to everyone, we also run student only sessions. This means you can access our elite service at a reduced student price.

Learn how to train safely and effectively to improve your strength and power - whatever you sport or goal.

This class is open to all students, of all abilities.

Timetable

Day	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00
Sunday	✓	✓	✓	✓

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Timetable

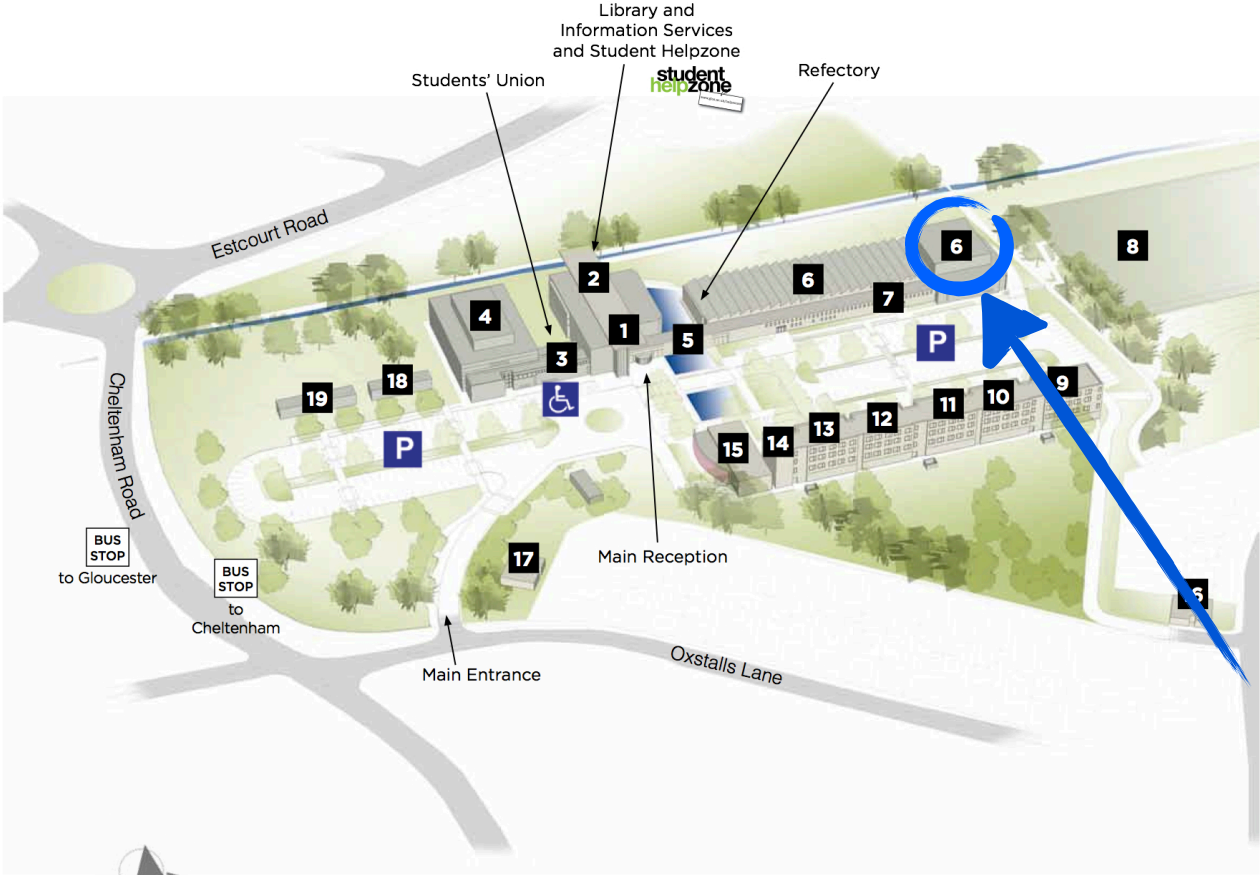
Day	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	18.30 - 19.30	19.30 - 20.30	20.30 - 21.30	
Monday					Youth	Essential	Essential	
Tuesday					Woman	Dynamic	Dynamic	Endurance
Wednesday					Youth	Dynamic	Dynamic	Essential
Thursday							Endurance	
Friday								
Saturday	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS				
Sunday	Student ENDURANCE	Student WOMAN	Student DYNAMIC X 2	Student ESSENTIAL				

Find us

THE PERFORMANCE CLINIC OXSTALLS CAMPUS, Gloucester

Oxstalls Lane, Longlevens, Gloucester GL2 9HW
Tel : +44 (0) 7542 716 703

**UNIVERSITY OF
GLOUCESTERSHIRE**
at Cheltenham and Gloucester



- 1 Reception (LC)
- 2 Learning Centre (LC)
- 3 Bar/Café/Students' Union Area (TC)
- 4 Teaching Centre (TC)
- 5 Link Corridor (LC)
- 6 Sports Centre (SC)
- 7 Students' Union and Sports Office (SC)
- 8 All Weather Pitch (SC)

HALLS OF RESIDENCE

- 9 Robinswood Villa
- 10 Crickley Villa
- 11 Coopers Villa
- 12 Chalford Villa
- 13 Birdlip Villa
- 14 May Villa
- 15 Jonathon Porritt Building
- 16 Willow Lodge (W)
- 17 Mulberry Lodge (M)
- 18/19 Active Gloucestershire

You'll find us here

- P** Car Park
- Disabled parking

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