

EXTREME
SPORTS
PERFORMANCE



Athletic Development Program

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Testimonials



- **Logical & Effective**
 - *This is an easy to follow app based program with exercise video guidance, daily performance log reminders & a coach messenger that kept me accountable"*
 - *Brett H., International Water Sports Coach*
- **Structured & Individualised**
 - *"The way in which the phases were split it & focused on the multiple areas I need to improve, were challenging but empowering"*
 - *Lex B, European & World Championship Action Sports Medalist*

Testimonials



- ***Incredible Value For Money***
 - *"With the amount of detail included in this program & the features accessible on the apps, I would expect it to cost much more"*
 - *Mark O., Vice President, Sports Governing Body*
- ***Easy To Fit Around Lifestyle***
 - *"Short effective workouts done every other day throughout the week, we really easy to fit around work & family"*
 - *Kate W, International Action Sports Athlete*

Testimonials



- **Caters For All Levels**
 - *"Being a relatively novice athlete I was nervous about doing this program but my concerns immediately disappeared once I started"*
 - *Jeremy N., Full-Time Working Professional / Part-Time Endurance Athlete*
- **All The Different Aspects Compliment Each Other**
 - *"I initially couldn't get my head around how all the different parts would work together but after a couple of weeks I could already feel the positive effects they were having on my body"*
 - *Brian W, Semi-Professional Ironman Athlete*

Overview



- Helping action & endurance sports athletes
 - Become better competitors
 - Through enhanced performance, protection & opportunity systems

Problems



- Common challenges that action & endurance sports athletes face:
 - Injury prevention & biomechanics
 - High-impact landings (action sports) and repetitive stress (endurance sports) require movement efficiency, strength training, and proper technique to prevent injuries like ACL tears or stress fractures.
 - Neuromuscular fatigue & recovery
 - Action sports demand explosive power, while endurance sports require prolonged muscular endurance; optimizing recovery through sleep, active recovery, and periodization is crucial.
 - Cognitive load & decision making
 - Fear management, reaction time, and split-second decisions (action sports) or pacing strategies (endurance sports) are influenced by cognitive fatigue and stress management.
 - Energy system optimisation
 - Action sports rely on anaerobic power (ATP-PC and glycolytic systems), while endurance sports depend on aerobic efficiency and lactate threshold development. Balancing training of these systems is key.
 - Hydration & electrolyte balance
 - Dehydration and electrolyte imbalances impair performance and increase cramping risks, especially in extreme environments (heat for endurance athletes, altitude for action sports).

Problems



- Common challenges that action & endurance sports athletes face:
 - Proprioception & kinesthetic awareness
 - Athletes must refine balance, air awareness, and reflexive control to land safely and avoid injury during high-speed, aerial, or technical maneuvers.
 - Impact & concussion management
 - Repeated falls and crashes lead to a high risk of concussions and cumulative brain trauma, requiring proper impact monitoring and recovery protocols.
 - Fast twitch muscle optimisation
 - Explosive movements like jumps, spins, and flips require fast-twitch fiber recruitment, which demands specific strength and plyometric training.
 - VO2 max & lactate threshold development
 - Improving aerobic capacity and delaying lactate buildup through structured interval and threshold training is critical for endurance performance.
 - Muscle fibre recruitment & fatigue resistance
 - Training slow-twitch muscle endurance while preserving muscle elasticity helps prevent fatigue-related breakdown in running, cycling, and swimming.

Solution



- A holistic individualised approach that integrates the following areas and many more...
- Periodised training
 - Advanced strength strategies
 - Sport-specific skill development
 - Recovery protocols
 - Macronutrient timing
 - Hydration management
 - Dietary adjustment
 - Visualisation techniques
 - Stress management
 - Focus & attention control
 - Integration of wearable devices
 - Biometric feedback tools
 - Data analytics
 - Tapering strategies
 - Competition simulations

Results



- Introducing the “Athletic Development” program!
 - Athletic
 - *“Fit, strong & active...”*
 - Development
 - *“Improving physical, mental & technical abilities...”*
- Increased performance through improved fitness (energy + movement)
- Increased protection through improved lifestyle (recovery + nutrition)
- Increased opportunity through improved health (psychology + physiology)

Outcome

- Reach peak performance!
- Sacrifice less personal priorities!
- Release limits!
- Unlock potential!

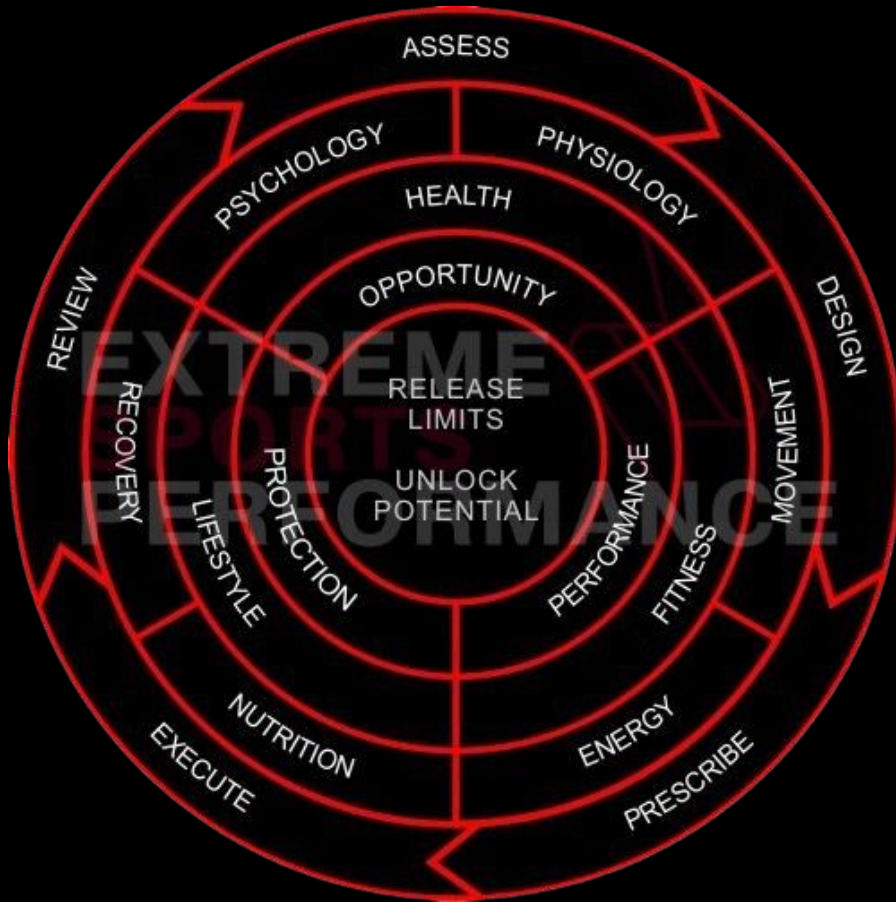


Tool

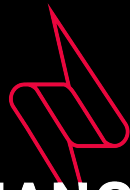


- The “Athletic Development” Program
- 3 month sport science coaching experience!
- Enter a multifaceted world of elite athletic training to elevate physical conditioning, nutritional strategy & mental resilience!
- Get results in 90 days or we will continue working with you for free until you do!

Model



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Phase #1 | “Troposphere”



- Weeks 1-4
 - Phase #1 performance coaching
 - 1 x 60 min monthly assessment/adjustment session
 - 4 x 30 min weekly review sessions
 - Phase #1 profiling & goal setting
 - Phase #1 strength & conditioning program
 - Phase #1 nutrition plan
 - Phase #1 mindset toolkit

Phase #2 | “Mesosphere”



- Weeks 5-8
 - Phase #2 performance coaching
 - 1 x 60 min monthly assessment/adjustment session
 - 4 x 30 min weekly review sessions
 - Phase #2 profiling & goal setting
 - Phase #2 strength & conditioning program
 - Phase #2 nutrition plan
 - Phase #2 mindset toolkit

Phase #3 | “Exosphere”

- Weeks 9-12
 - Phase #3 performance coaching
 - 1 x 60 min monthly assessment/adjustment session
 - 4 x 30 min weekly review sessions
 - Phase #3 profiling & goal setting
 - Phase #3 strength & conditioning program
 - Phase #3 nutrition plan
 - Phase #3 mindset toolkit

Component #1 | Assessment



- **Necessity**
 - Essential to understand baseline data and information, ensuring coaching is tailored to unique needs.
 - Helps clarify goals, align expectations and identify potential barriers to success which enables program to be designed most effectively.
 - Establishes benchmarks for tracking progress ensuring the coaching process is aligned with individual aspirations, resulting in targeted and sustainable outcomes.
- **Specifics**
 - Movement screening
 - Fitness tests
 - Nutrition analysis

Component #2 | S&C Program



- A personalised fitness regimen designed to optimise physical performance. Key benefits include:
 - **Improves Physical Health** - Enhances overall fitness, reducing the risk of injury & illness.
 - **Increases Energy Levels** - Boosts stamina, enabling sustained high performance throughout the day.
 - **Enhances Mental Sharpness** - Regular physical activity improves cognitive function, leading to better focus & decision-making.
 - **Supports Stress Management** - Physical exercise helps in managing stress, promoting mental well-being.
 - **Optimises Performance** - Tailors physical conditioning to meet specific demands, whether in the boardroom or on the playing field.

Component #3 | Nutrition Plan



- A customised dietary strategy that supports optimal performance. Key benefits include:
 - **Sustains Energy** - Provides the necessary nutrients to maintain energy levels throughout demanding days.
 - **Enhances Cognitive Function** - Fuels the brain, improving focus, memory, & decision-making capabilities.
 - **Promotes Recovery** - Supports quicker recovery from physical & mental exertion, reducing need for downtime.
 - **Improves Overall Health** - Helps in maintaining a healthy weight, preventing chronic conditions & boosting immunity.
 - **Aligns With Performance Goals** - Customises food intake to meet the specific energy & nutrient needs of high-performance individuals.

Component #4 | Mindset Toolkit



- Individualised resource to create your own mental gym to improve confidence, reduce anxiety, boost motivation & sharpen focus. Key benefits include:
 - **Meditation** - Audio guides to learn how to understand your mind better.
 - **Mindset** - Videos to focus on confidence, resilience & perspective.
 - **Performance psychology** - Improve self-talk, goal setting, relaxation, imagery/visualisation & concentration.
 - **Practical insights** - Self-development exercises for the human being.
 - **Professional experience** - Understanding what it takes to success in sport from the amatuer to the elite level.

Tech

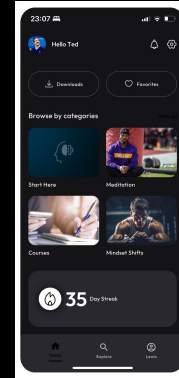
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“Bridge”



“Hexis”



“Mindstong”



“Zoom”

Time



- All dependent on individual circumstances & goals
- Minimum commitment required =
 - 12 weeks
 - 3-5 hours per week or
 - 60 minutes 4 days per week or
 - 45 minutes 5 days per week or
 - 30 minutes 6 days per week

Why



- Change
 - If you have read this far then something about this is intriguing you. Ultimately if you want something to be different in your life then you have to do something different in your life to make it happen!
- Now
 - Why not now! Now will allow you to get from where you are to where you want to be in the quickest time frame possible. Waiting for the “right time” will just delay the process, causing more frustration!

Why



- You
 - You are the one that has to do the work, nobody else is going to do it for you. You will also be the one who gets the results and outcome you are after, nobody else will be able to take that away from you!
- Health
 - The potential challenges that all people face today are scary. Cancer, heart disease, obesity, diabetes, depression, anxiety, insomnia are on rise globally. Are you doing all you can to prevent any of these happening to you?

Why



- COVID & lockdown
 - Was an ideal time to embark on something like this but many did not make the most of the opportunity & therefore achieved very little. Don't let something that could improve your life pass you by again!
- Science
 - Coaching programs provide a wide range of scientifically supported benefits such as; enhanced performance, improved physical health & mental well-being, better communication & leadership skills, behavioural change & habit formation, greater productivity & efficiency, higher employability chances and more life satisfaction. These things rarely happen by luck!

Why



- This program
 - This program combines health, fitness & lifestyle all together. These are improved through i) a mindset map ii) a strength & conditioning program iii) a nutrition plan iv) continuous coaching with assessment. This blended individualised approach is unique & provides complete support along this journey!
- Us
 - We are performance coaches with over 20+ years experience working with elite business leaders, global sports brands, world champion athletes, olympic medalists, international sports teams, national sports governing bodies, professional sports clubs, specific sports academies, public universities, private schools & multiple education providers. We are very active & energetic individuals with a lifelong passions towards a relentless pursuit of betterment & freedom. Ultimately though, we flourish when it comes to helping people overcome challenges & solve problems!

Opportunity



- This is something we are incredibly passionate about & would love to help you with.
- You will not need to travel to do this, it is all delivered via online video call & mobile app.
- Flexible payment options available.
- Please feel free to get in touch with no obligation:
 - **Book a free discovery call on zoom**
 - <https://calendly.com/extremesportsperformance>
 - **Give us a ring or drop us a text**
 - [+447736048701](tel:+447736048701)
 - **Send us an email**
 - info@extrmesportsperformance.com