



Professional Athlete - Remote Support Packages

Pro support Package (Gold) – from £350pcm

- Advanced Fitness test including Gym Aware Power/Strength test
- Daily monitoring of Training diary
- Individual goal setting
- Individualised training program

Pro support Package (Silver) – from £250pcm

- Advanced Fitness test
- Weekly monitoring of Training diary
- Individual goal setting
- Individualised training program

Pro support Package (Bronze) – from £150pcm

- Basic Fitness test
- Monthly monitoring of Training diary
- Individual goal setting
- Individualised training program

Coaching: one to one - £50 per session Fitness test: £75 including report

To discuss this further please contact APA Director Daz Drake at: daz@apacoaching.co.uk
www.athleticperformanceacademy.co.uk



Basic Fitness test

Includes:

- Body mass and Height
- Static Posture Screen (Front, side and rear view)
- Basic Physical Competency Assessment (Overhead squat, Single leg squat, press, up)
- Basic fitness test including: 5m sprint, 20m sprint, Pro Agility test, Counter movement jump, Squat jump, Overhead Medicine ball throw and Maximal Aerobic Speed test

Advanced Fitness test

Includes:

- Body mass and Height
- Static Posture Screen (Front, side and rear view)
- Lean Screen Body Composition Analysis
- Advanced Physical Competency Assessment (Overhead squat, Single leg squat, Lunge and return, Hop and stick, pull-up, press, up)
- Advanced fitness test including: Grip strength, 5m sprint, 10m sprint, 20m sprint, Pro Agility test, Forehand Agility, Backhand Agility, Forwards-Backwards Agility, Counter movement jump, Squat jump, Overhead Medicine ball throw, Forehand throw, Backhand throw and Maximal Aerobic Speed test
- **Gold package only:** Power profile (Mean and Peak Power on Jump squat at 0, 20, 40, 60, 80 and 100% body mass)
- On Gold package only: Strength Profile (Predicted 1 Repetition Maximum on Back Squat)
- Power profile and Strength profile require athlete competency in back squat and jump squat.

Coaching: one to one - £50 per session Fitness test: £75 including report

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Pro Remote Support Package (Gold) – from £350pcm

GOLD REMOTE SUPPORT PACKAGE				
<i>Monitoring frequency</i>	<i>Fitness test</i>	<i>12 Months</i>	<i>6 Months</i>	<i>3 Months</i>
Daily	Advanced	£ 350	£ 385	£ 420

Pro Remote Support Package (Silver) – from £250pcm

SILVER REMOTE SUPPORT PACKAGE				
<i>Monitoring frequency</i>	<i>Fitness test</i>	<i>12 Months</i>	<i>6 Months</i>	<i>3 Months</i>
Weekly	Advanced	£ 250	£ 275	£ 300

Pro Remote Support Package (Bronze) – from £150pcm

BRONZE REMOTE SUPPORT PACKAGE				
<i>Monitoring frequency</i>	<i>Fitness test</i>	<i>12 Months</i>	<i>6 Months</i>	<i>3 Months</i>
Monthly	Basic	£ 150	£ 165	£ 180