

Strength & Conditioning



Pro Strength & Conditioning, delivered by coaches, includes 6 hours per week of professional training that enables students to improve many aspects of their general fitness.

COURSE DETAILS 2026

Centre: Oundle, Uppingham

Ages: 14-18yrs

Dates:

Oundle: 5 July – 1 August

Uppingham: 28 June – 8 August

Days: Mon/Tues/Thurs/Fri

Levels:

Beginner

Elementary

Intermediate

Advanced

Coaching Time:

6 hours p/w

Price: £300 p/w

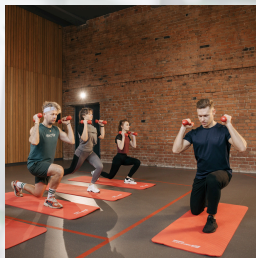
Coaching focuses on developing movement quality, physical conditioning and fundamentals, alongside nutrition guidance and injury-prevention strategies that support a healthy, active lifestyle.

OBJECTIVES

- Understand key principles of strength and conditioning
- Improve core athletic abilities including balance, coordination, agility and power
- Develop correct technique for bodyweight and resistance-based exercises
- Establish individual fitness goals and track progress

OTHER BENEFITS

- Expand fitness-related vocabulary
- Improve muscular strength, endurance and overall physical fitness
- Increase confidence, resilience and self-discipline
- Strengthen problem-solving and performance-analysis skills
- Develop 21C skills: creativity, communication, collaboration and critical thinking



TECHNICAL TRAINING:

Technical training forms the core of each session, helping students develop safe, efficient movement patterns that support long-term athletic growth. Coaching includes: bodyweight technique, movement mechanics, mobility, balance, core stability, coordination, resistance-band work, reaction drills, speed fundamentals and conditioning circuits.



INJURY PREVENTION WORKSHOP:

Workshops provide essential knowledge on how to prevent common training injuries. Students learn correct warm-up routines, stretching methods, recovery techniques and how to recognise early signs of strain. Coaches also emphasise posture, alignment and technique to promote safe training habits.



NUTRITION:

Sessions introduce students to the role of nutrition in supporting energy levels, muscle recovery and overall health. Students explore healthy eating habits, hydration, and the impact of balanced nutrition on training performance.

WHAT TO BRING:

- Trainers suitable for indoor and outdoor activity
- Comfortable sports clothing



There is limited availability for this Pro Option; book early to avoid disappointment.

A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.

For all enquiries and to apply, please contact British Summer School:

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