



Strength and Conditioning		
Packages and Performance Options		
S&C	Information	Price*
S&C Session (60 minutes)	1 to 1 Individual session covering bespoke movement screening and performance planning/development	£60
S&C Block Booking	1 to 1 Individual sessions x6* covering bespoke movement screening and performance planning/development *Saving 10%	£324
S&C Block Booking	1 to 1 Individual sessions x10* covering bespoke movement screening and performance planning/development *Saving 20%	£480
S&C Group Session	<5 Athletes per group. Session to tailor towards groups needs and goals, relating to movement demands and performance requirements	£75
Performance Testing and Independent Programming	Physical profiling completed with feedback. 30 session programme provided and explained for independent use	£150
S&C Education	Education modules to cover; Strength and Power Training, Movement Screening, Aerobic Development and HIIT, Periodisation, Nutrition	x1 - £70 x5 - £280* *x1 free

*Discounts provided for Sevenoaks School Scholars and Members

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