



Our two main specialities are Performance (any ability) and Rehabilitation (injury, illness & operations), with knowledge and experience of how to apply the 3 main disciplines of sport science; Physiology, Psychology and Biomechanics.

'Train with Me' – 3 persons' max

A great session for those that want to train hard, have fun and variety in each session. We have space for 3 people, Paul the coach, will join in the session with you. Great motivation and fun and an ideal way to learn how to put quality and hard work into your session.

Each week will have a different feel to the session, just arrive ready to work hard! Ideal for people who have been exercising regularly.

Strength & Conditioning for Running & Triathlon – 3 persons' max.

A very important part of any training routine from beginners to seasoned athletes, this session will focus on strength, flexibility and mobility specific to endurance sports such as running, triathlon, swimming etc. Regular and consistent strength training is proven to increase performance and reduce injury risk.

Circuit Training – HIIT. 4 persons' max

Classic circuit based training. A total body workout mixed between strength and aerobic exercises. Proven to maximise calorie burn for your training time! Train within a small group for motivation and fun.

12 week Ultimate coaching course. Commit to your goal and achieve great results.

It takes consistency, hard work and sacrifice to take your performance and fitness to new levels. This 12-week package is designed to hit your goal. Based on 3 coached sessions per week in our private studio, and shared with one other person to help motivation and reduce cost. (can be booked as an individual package if required). The complete package, spending over 3 hours a week with your coach, plus advice and planning for your extra training sessions away from the studio. This ensures all the details and important daily decisions are made are correct and you achieve your targets.

If you have a specific fitness or performance goal you are committed to achieving, we can help. We have 20 years personal experience, supported with science backed knowledge to hit specific goals and targets. We know what it takes to improve!

Rehab Packages

We know from experience that rehabilitation from injury, illness or operations is a very specific and individual journey, physically and psychologically. One of the main reasons for launching our rehab and performance studio is to provide the support to those going through a challenging time in their lives, it can be lonely and scary. I have had my own journey, and can assist you in various areas. Sessions can be

tailored to suit you, whether it be short 15 mins sessions to start or longer more overall sessions. Please enquire, or arrange a free 30 mins consultation at the studio to discuss your journey!

Women's Run session – Free Social - Saturday mornings 8:30am

Running has been part of our background for 20 years. This session is ideal for those who want to have a social run each week with likeminded female runners. Led by Jo, but the session structure and advice will be overseen by Paul.

Running, triathlon, cycling coaching plans – Distance & Motivated

Perfect for those who want to reach the next level of performance. Professional, experienced coaching with proven results over 20 years coaching all levels of athletes from 5k running to Ironman finishers, triathlon AG qualification, time trialling etc. Athletes can meet at the studio every 4 weeks to maintain ideal coach – athlete communication, but not essential if distant. Full support and commitment from the coach, for those that are giving full commitment and passion to achieve their goals.

The studio can also be used for training zone testing, FTP tests and Blood Lactate testing, perfect for athletes who want to take the guess work out of the training and guarantee results.

Only 5 coaching slots available, please enquire.

Masters Fitness Sessions (65 yrs +) – Small group sessions 3 Max

I have been coaching a 'masters fitness' class for the past 4 years, with 15-20 loyal men and women ranging from 65yrs up to 93 yrs young!

Now the studio can offer focused and fun sessions for this age group. Maintaining muscle strength, balance and aerobic capacity can be crucial to maintain an individual's way of life and overall health.

If any of the sessions or services interest you please enquire for times, availability and prices, email admin@tlsports.co.uk or call Paul on 07534163570

