



## Physical conditioning

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INSEP's performance unit offers the federations access to skilled people specialised in physical conditioning issues. Support, advice, preparation, monitoring and exchange actions are carried out with the sports conditioning coaches from the French national hubs and/or technical staff. As part of the injury prevention work, tests may be carried out to assess physical and biometric qualities. The general physical conditioning sessions are carried out to prepare for a return to sport or on an ongoing basis during the year in line with the needs identified (aerobic, weight training, core stability, explosiveness, speed, etc.).

This service is offered to prepare for sports training or as a supplement, with ad hoc work on the specific needs identified and/or recurrent work (development of maximal strength, planning, training content, etc.). This enables athletes to benefit from continuity with their training, while working on injury prevention (prophylaxis) and developing their physical qualities. The body, a "high-performance tool", must be able to meet the athlete's "needs" and cope with their training workloads and training programmes.

