



LAYLOR PERFORMANCE SYSTEMS

## Elite Athlete Comprehensive

The Elite Athlete Program incorporates expertise in workout design, nutrition, healthy lifestyle, injury prevention and recovery all to create a stronger, faster, healthier and more efficient athlete. One-on-one training is specifically designed to address their needs and prepare them to excel in their sport. All aspects of an athlete are addressed – individual workouts, treatment, nutrition plan and supplement protocols. This approach is the result of years of experience and **will make the athlete stand out above their peers at pre-season training camp.**



# TRAINING PROGRAM

The off-season training program begins with assessment and testing of upper and lower body strength, structural balance, a vertical jump test, as well as a 12 point body fat analysis. All of these results go into the individualized program designed specifically for each elite athlete. No two programs are alike. The off-season program consists of 4 phases of 4 weeks each for a total of 16 weeks. There is some flexibility regarding timing however to deliver expected results athletes need to adhere to a minimum 6 week program.

**Phase 1** – Structural Balance

**Phase 2** – Accumulation and Hypertrophy

**Phase 3** – Intensification and Strength

**Phase 4** – Power and Plyometrics

## Off-season Residential Training:

- Daily Training
- Soft tissue therapy
- One on One stretching
- IV treatment
- Acupuncture
- Vision Training
- Nutritional Plan
- Professional brand supplement protocols
- Adrenal function and Hormone testing
- Blood Chemistry analysis
- Food Allergy testing

## Off-season Non-Residential Training:

- On-site testing day
- Monthly visits to the gym for phase workouts, assessment and nutritional updates
- Available 24 hours for training/nutrition related questions
- End of summer training analysis

## In-Season Training:

- Emailed monthly workouts and training programme

- Monthly nutrition and diet plan
- Available 24 hours for training & nutrition related questions

# NUTRITION PROGRAM

In order for the body to perform optimally, recover and rebuild quickly, proper nutrition is a must. Nutrition will be analyzed at the functional level focusing on biochemical, nutrient deficiencies and metabolic disorders.

- **Biosignature:** 12-point body fat analysis goes well beyond standard body fat testing to reveal insights into your hormonal profile based on where your body stores fat. Biosignature analysis was developed by Charles Poliquin after years of working with athletes and is based on scientific evidence.
- **Health History Evaluation:** This evaluation will ensure that your trainer is aware of any complaints, daily energy levels, sleep patterns and genetic risk factors.
- **Functional Medicine Tests:** These are used to further address issues surrounding an athlete's performance.
- **Adrenal stress:** Explores adrenal exhaustion and hormone imbalances.
- **Metabolic Typing Evaluation:** Eliminates foods not suited for you blood type.
- **Food allergy testing:** Identifies food that may hamper your performance as an athlete.
- **Hair analysis:** Indicate vitamin, mineral and nutritional deficiencies as well as heavy metal toxicity have occurred over a long period of time.

A customized protocol of professional brand nutritional supplements is given to the athlete and updated throughout the season depending on changing needs.