



**BAREFOOT  
PERFORMANCE  
ACADEMY**

# BFPA Schedule

Periodisation to gain Athletic Performance



BFPA is an institute to physical development



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# What we provide

Welcome to the Barefoot Performance Academy. We provide a unique knowledge and coaching skill in athletic performance and sports injury.

Performance and injury are directly related to movement skill and this is at the forefront of our coaching. In our experience we have found that it is running skill to be the benchmark to rehab and performance and it is this skill we coach first before moving onto more complex movement skills. We were all born to run, it is our bodies architectural design.

Our Academy starts for the ages of seven and upwards, and we have a journey in physical development which is governed by the balance of barefoot science and pulls from the greatest methodologies we have been exposed to in our search for injury free biomechanics and performance.

One our greatest tools is to enable athletes to really connect both consciously and subconsciously to movement through our physical intelligence techniques. Somatics is the neural highway to coordination and action. This is the most important part of physical development.

We call this thinking on your feet.



# The Academy

## Seven to twelve year olds

The younger years are immersed in games and learn movement and the rules of engagement through playing games and other methodologies that are specific to age group thresholds in physical development.

## Thirteen – Eighteen years old

Having been prepared with a diverse and solid foundation in movement and games the thirteen year old is ready to explore performance. We provide a more individual and formal coaching process that gradually becomes more intensive as the athlete matures.

For further information on our training schedule for 7-18yr olds please get in touch. We provide extra-curriculum 'sports training' and our in the process of working closely with schools.

## Adults

For the adults we provide a much more structured approach in rehabilitation and performance techniques. However what we know was lost at their younger years of learning thresholds we apply a unique spatial awareness programme alongside our more recognised methodologies centred around barefoot science to enhance performance for all activities.

At the BFPA we have found that the benchmark to rehabilitation and performance is the skill of running. Join us in our journey to what you will find is enlightening to say the least.



# What we provide for an Athletic population

We are injury and athletic performance specialist. We provide a unique understanding in human movement which our knowledge stems from movement's grounding, barefoot science.

Barefoot has a unique balance point which is not coached in conventional methods and its a skill that is lost in shod populations and conventional athletic performance training. We were born barefoot and our musculoskeletal system was designed around how it is placed on the earth. At the BFPA we bring this knowledge and skill into all our methodologies.

Physical development is something we learn through adaptation, thresholds of skill learning. The Greeks were the first people to be known to apply a holistic approach to their coaching. Learning incorporates so many different motor abilities and variables to accomplish a well rounded and exceptional talent.

At the BFPA we provide a physical intelligence to all our methodologies, providing real management systems to adapting athletes successfully in performance gains.

We use a very similar approach in our training schedule as used by professional clubs. It is what works the best for anyone looking for sustainable results.

Monday – Recovery, Active Recovery

Tuesday – Alignment, Technical, Semi-Competitive

Wednesday – Competitive

Thursday – Recovery, Technical, Semi-Competitive

Friday – Alignment

Saturday – Competitive, Active Recovery, Technical

Sunday – Competitive, Recovery



# BFPA Recommended Route

We have found in our experience training athletes from all fields that only the athletes with good running form stay clear of injury and are more in tune with movement skill. Our recommended route provides all athletes of all abilities to gain a solid foundation in movement skill. Our recommend route is:

1. The 1 day running technique workshop (one to one 3hr running assessment)  
Provides video analysis, understanding and coaching of running techniques and the foundation to movement. You are provided with the a 6 week foundation course on completion.
2. The 6 week foundation course  
Provided on online, in a group or one to one. The online course backs up what you learn on the workshop. The fundamentals to movement and the rehab to make the change providing the strength to spring from. The face to face coaching courses provide not only the foundation to movement but movement coaching itself. This is a unique insight to spatial awareness in movement.
3. The 6 week Performance training course part 1 & part 2  
These courses take a look into performance techniques specifically for good form running. You will learn the progressions into strength, speed and agility training to enhance your running form. We provide an education into yearly periodisations for specific peaking for competitive events. We also provide more in-depth movement analysis and screening test for athletes to apply targets from. This then sets the foundation for athletes to take this into their specific needs for their sport.
4. Specific sports coaching  
We deal with a whole host of sporting activities

Group or one to one 6 week courses are provided with our nutrition guide in athletic performance. This is based on a nutritional assessment that will provide all the information for our holistic approach.

Get in touch for more information about our recommended journey. We provide a 20 minute free running assessment which then will be able to discuss how this journey will benefit you.



# BFPA Weekly Schedule

At the BFPA we provide a weekly schedule for athletes to pop in and use us to regain tips and knowledge of our techniques to provide the results. For beginners our classes are an introduction to our methodology to come accustom to our techniques, which also provide the rhythm to the week we preach to our athletes.

The evening classes are held at various locations. They have a four week schedule to them for maximum learning benefits.

Monday – Medicine Ball Release Therapy at Balance Performance Physiotherapy (Active Recovery)

Tuesday – Technical Running coaching at Battersea Running track (Alignment, Technical, Semi-Competitive)

Wednesday – Running Club at Battersea running track (Competitive)

Thursday – Running Strength conditioning at Balance (Recovery, Technical, Semi-Competitive)

Get in touch for more information on how and what classes will benefit you best. Monday, Tuesday and Thursdays are run on a monthly schedule. They are an introduction to what it takes to be injury free. They are an introduction to our more in depth 6 week courses.



# The Running Club

The Running Club works on a yearly schedule for long distance runners (anything over 800m), however the Wednesday night is more about interval and tempo training for speed and strength gains allowing the rest of your week to deal with the appropriate mileage. The Running Club provides a clear understanding to the weekly, monthly and yearly schedule.

At the forefront of all our coaching is skill before quantity. Quantity will come with skill. If you want to come and feel what our coaching is like before committing to the Running Club, come to our Tuesday night track session.

We provide a free 20 minute running assessment that an experienced coach will be able to provide all the necessary information for you to understand where improvement can be made and where potential injuries could appear.





# Internship Courses

Our journey has been linking one good methodology with others. We have found there is a hierarchy in knowledge which conventional academia has not a tuned to. Our background in sports therapy, physical therapy, strength and conditioning, running and sports coaching has enabled us to formalise an internship we feel that all our interns should have an understanding in when dealing with the athletic population.

This internship course is available for all health practitioners, physiotherapists, coaches, personal trainers and other wellbeing models such as yoga and pilates to learn what is movement skill.

We provide an in depth look to movement therapy, movement skill and performance techniques.

The internship course is split into 4 phases, each phase run in monthly blocks and work within your schedule.

For more information apply through [coach@barefootperformanceacademy.com](mailto:coach@barefootperformanceacademy.com)



# Professional Athletes

We work closely with and our network is made up of medical professionals, Physios, S & C coaches and sports coaches.

We provide individual athletes and sports clubs the skills to move with efficient biomechanics for their given task.

We start with a general rehab protocol and where applicable work with Physios providing specific rehab techniques. This then works hand in hand into our movement therapy programme which is based on good running form. Our movement therapy techniques allows us to work sooner and with greater results.

Once the running skill is up to the required level of speed and strength, which with any athlete who is running under power they will see immediate effects in their given task, we then start to specialise in specific conditioning.

We provide both out of season coaching and a full yearly schedule for athletes and sports clubs who are looking for the edge.

General journey of an athlete working with BFPA

Physio assessment (Acute and chronic level)

Running assessment

Movement skill assessment

Time allocated to coaching 6 week periodised schedule

Phase 1 Running skill

Phase 2 Running performance

Phase 3 Sports specific performance



# Online Courses

We provide a 6 week foundation online course and various other downloads to assist people in their search to injury free movement and performance.

The BFPA provides a unique in look into injury prevention, warm up techniques, movement skill, strength exercises and drills to improve movement skill.

The movement development foundation phase

Phase 1 The Squat

Phase 2 Lower back pain

Phase 3 The 6 week Foundation Running Technique Course



# Other Stuff

BFPA is a sister company to Corenergy, a corporate performance and wellbeing company, and Tribal Fit, a nomadic, private, bespoke camping adventure holiday.

We bounce ideas off each company for example the posture it takes to hold in good running is the postural strength needed to be held in the office so fatigue and therefore mis-management doesn't creep into everyday life. A fit body is a fit mind. Interestingly work hours are as long as 100km ultra run races.

To be fit for life a tribal person shows us strength, diversity, knowledge of local ecosystem and more. It is something that is very dear to our heart.

BFPA team up with tribal Fit to bring the nomadic campsite to big events like the Man vs Horse race in Wales and the Eridge 10 miler.; some of our favourite races. We treat the Man vs Horse race like a Rites of Passage.

Get involved, stay in touch. We are here to help you prosper with sound performance techniques.



# TRIBALFIT



# Prices

## Movement

### Individual

One to one coaching hourly rate £95

3hr Running Technique Assessment £270

6 week courses, 12 sessions £1080

### Groups

1 day Running Technique workshop £150

6 week courses, 12 sessions £540

### Running Clinic Classes

£15 per class

4 week course £12.50

### Running Club

27 – 52 week membership £9.90 per session

6 – 26 week membership £12.20 per session

< 6 weeks £15

### Online Courses

Phase 1 The Squat - £3.49

Phase 2 Lower back pain - £3.49

Phase 3 The 6 week Foundation course: Strength to good Running Technique - £9.99

## Nutrition

Questionnaire & Programme - £45

Free download on 7 tips to a healthy athlete



# Where we are

Barefoot Performance Academy HQ  
Battersea Park Running Track  
Millennium Arena  
East Carriage Drive, Queenstown Road, London. SW11 4NJ  
Director of BFPA Rollo Mahon: 07788836795

Running Clinic  
Balance Performance Physiotherapy  
113 Gauden Road, Clapham, London. SW4 6LE. UK  
02076272308

Barefoot Running Clinic  
Specialist in Running and triathlon performance  
Monday – General Rehab (Balance Performance Physio)  
Tuesday – Intro to track and good form running (Battersea Running Track)  
Wednesday – Running club (Battersea Running Track)  
Thursday – Foundation to strength condition

7-18 year olds sport development curriculum  
Monday – Fridays at schools and Battersea Park