



Off-Season Performance Programme 2026

Build the Physical Edge
Before Pre-Season

King Performance Ideology

May - July 2026

UK / Portugal / Worldwide / Remote

The Complete Off-Season - Built Around You

KPI can fully manage your off-season or integrate with your club programme.

Our programmes help elite and aspiring footballers return to pre-season stronger, fitter, and better prepared for the demands of the season ahead.

Most programmes run 4–6 weeks depending on the athlete's schedule and club commitments, but we also offer flexible programming for those with less time or other commitments.



How It Works

How It Works In 3 Steps

01

Choose your programme

KPI can manage your entire off-season or integrate with your club to help facilitate an already established plan.

02

Choose how you train

Train through 1:1 coaching or in a structured group environment alongside other high-level athletes.

03

Choose where you train

Work with KPI in the UK, at our Portugal performance camp, remotely through the KPI App, or in your chosen location.

Enhanced Programme

A Fully Managed Off-Season, Delivered In
A High-Performance Environment

Every part of your preparation is structured, monitored, and executed by KPI in alignment with your club and the demands of your upcoming season.

From profiling and programme design through to daily training, recovery, and reporting, your off-season is managed end-to-end.

Ideal for athletes who want complete off-season support with no gaps in their preparation.



Foundations Programme

A Structured Off-Season Environment

The Foundations Programme is designed for athletes who want to complete the key off-season work within a professional, structured setting.

Train within KPI's high-performance environment with access to coaching, facilities, and support, ensuring you return to pre-season having covered the essential physical work required.

Ideal for athletes who want to return to pre-season having completed the fundamentals with structure and consistency.



Before you start		
What we provide	Enhanced	Foundations
Direct comms with staff	Upfront & ongoing communication	Upfront communication
End of season transition & alignment	Fully guided strategy	Structured support
Medical screening	Included access	Not included
Gym testing	Comprehensive	Core
Field testing	Comprehensive	Core
Nutrition evaluation	Included access	Not included
Match video analysis	Included access	Not included
Pre-camp training pack	Included	Not included

While you're working with us		
What we provide	Enhanced	Foundations
Schedules & calendars	Fully integrated	Structured
Booking slots	Priority access	Standard access
Individualised programme	Fully individualised	Semi-individualised
Pre-training nutrition	Detailed support	Core guidance
Pre-training treatment	Included access	Not included
Pre-training gym prep	Included access	Not included
Pitch facilities	High-performance access	Standard access
Post-training nutrition	Detailed support	Core guidance

Clear Outputs. Seamless Return
To Pre-Season

While you're working with us (continued)		
Post-training treatment	Included access	Not included
Monitoring tools	Comprehensive	Core

Before you return to your club		
What we provide	Enhanced	Foundations
Physical profile report	Detailed performance report	Core summary report
Training load report	Detailed analysis	Core analysis
Pre-season support	Fully supported transition	Guided transition
Handover & transition	Integrated handover	Essential handover

How **You** Train

Train 1:1 Or In A High-Performance
Group Environment

1-to-1 Coaching

Work directly with KPI coaches through a fully individualised or facilitated programme tailored to your position, physical profile, and performance goals.

Sessions will focus on:

- Strength and power
- Speed and agility
- Pitch-based conditioning
- Injury management
- Building a season-long routine

Group Training

Train alongside other elite and aspiring athletes in a structured high-performance environment.

Sessions combine gym work, pitch-based training, and recovery while each athlete still follows an individualised programme within the group structure.

Where **You** Train

Train In Person With KPI In
The UK Or Portugal



Portugal

Train in one of Europe's leading elite sports environments.
Benefits include:

- Elite football pitch quality
- World-class recovery centre
- Professional training infrastructure
- Focused performance environment away from distractions

Ideal for athletes seeking an intensive off-season performance camp.

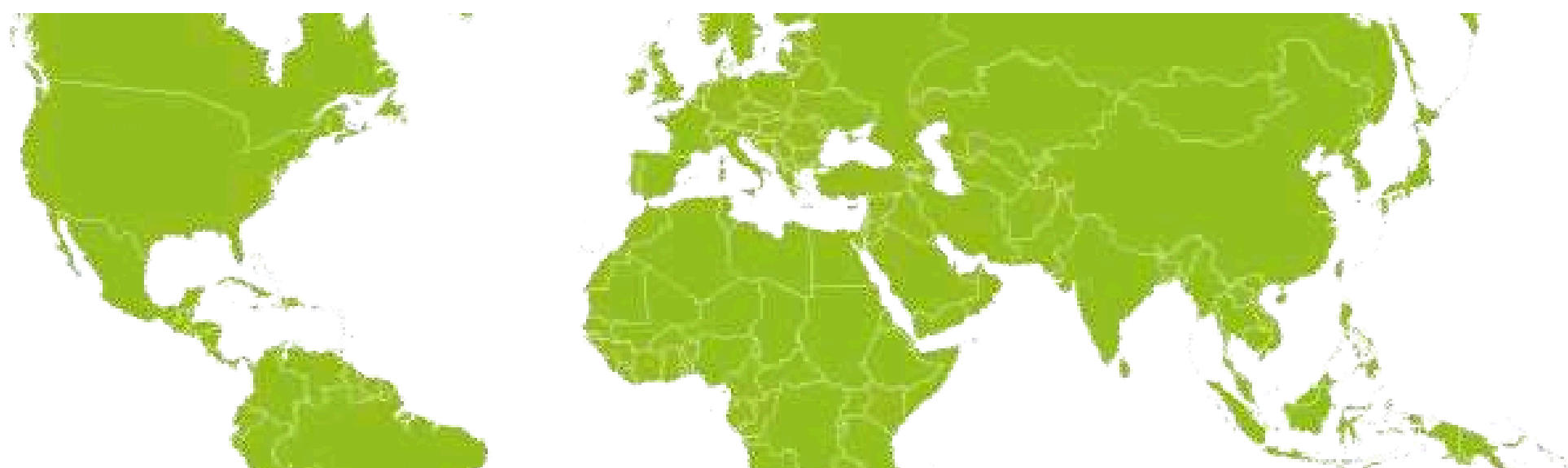
Warrington

Train at KPI's private Athlete Performance Centre, built specifically for elite athlete development.

- World-leading gym-based training facility
- Exclusive gym and football pitch access
- Integrated strength and conditioning coaching
- Physiotherapy and rehabilitation support
- Performance testing and monitoring

Elite off-season support with everything under one roof.

Train Remotely Or From A
Location That Suits You

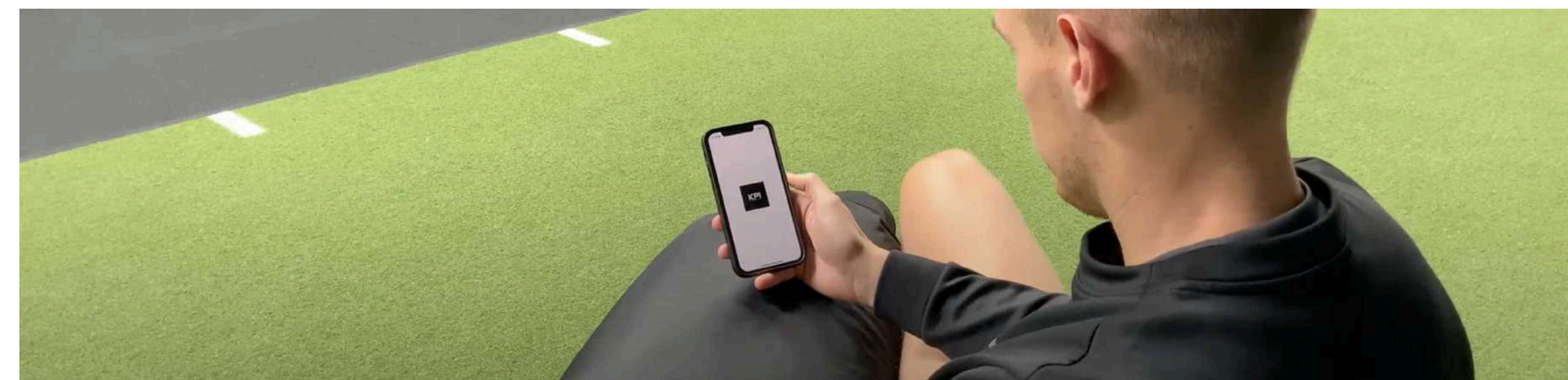


Global Coaching

KPI coaches can travel to athletes anywhere in the world to deliver structured off-season support.

- Minimal travel disruption
- Train within your own environment
- Flexible scheduling around club commitments

Professional coaching support wherever you are based.



KPI App

The KPI App brings our coaching infrastructure directly to you.

- Flexibility to train when and where you want
- Fully personalised off-season programmes
- Coaching demonstrations and guidance
- Direct communication with KPI coaches
- Real-time progress tracking and reporting

Everything required to deliver a successful off-season remotely.

Portugal Performance Camp

The Campus, Quinta do Lago

A 1, 2 or 3 week high-performance training and recovery experience designed to prepare footballers for the demands of pre-season.

Set in Quinta do Lago, athletes train within a fully structured environment combining gym work, pitch sessions, recovery protocols, and performance monitoring.

Access to elite facilities and recovery infrastructure allows athletes to remove distractions and focus fully on preparation.



Off-Season Structure

A Structured Approach To
Preparing For Pre-Season

Recovery Phase **7-14 Days**

A period of regeneration following the season where athletes prioritise recovery while maintaining minimal effective training.

Build Phase **7-14 Days**

Structured training returns with focus on building foundational qualities including strength, aerobic capacity, and movement quality.

Enhance Phase **7-14 Days**

Training intensity increases while load is carefully managed so athletes arrive at pre-season ready to perform, not fatigued.

Managing an Injury?

Rehab Support Aligned
With Your Club

KPI supports athletes at all stages of injury and return-to-play, ensuring the off-season is used to progress rehabilitation while preparing for pre-season.

We work in alignment with your club's medical and performance staff to maintain continuity throughout.

Support includes:

- Individual rehabilitation and return-to-play planning
- Gym and pitch-based progression
- Communication with club medical teams
- Access to physio, treatment, and recovery
- Monitoring of load and readiness

Train with structure, progress with clarity, and return to pre-season



Clubs & Agents

A Trusted Off-Season Performance Environment

Clubs

KPI provides a structured off-season environment aligned with your performance and medical requirements.

We work closely with your staff to ensure continuity and a smooth transition back into pre-season.

KPI provides:

- Alignment with S&C and medical teams
- Individualised off-season planning
- Training load monitoring and tracking
- Clear reporting and handover
- Structured return-to-club transition

Agents

KPI provides a reliable off-season solution to ensure your players return physically prepared and ready for pre-season.

We deliver structure, oversight, and communication throughout the off-season period.

KPI provides:

- Individualised off-season support
- Access to elite training environments
- Ongoing monitoring and feedback
- Clear communication and updates
- Confidence your players are prepared

KPI Team

Meet The KPI Performance Team



Dr. Tom King (PhD)
S&C

Founder of KPI and performance specialist delivering data-led strength and conditioning programmes focused on physical development and performance optimisation.



Trystan Jones (MSc)
S&C

Strength and conditioning coach delivering structured programmes focused on developing strength, speed, and overall athletic performance.



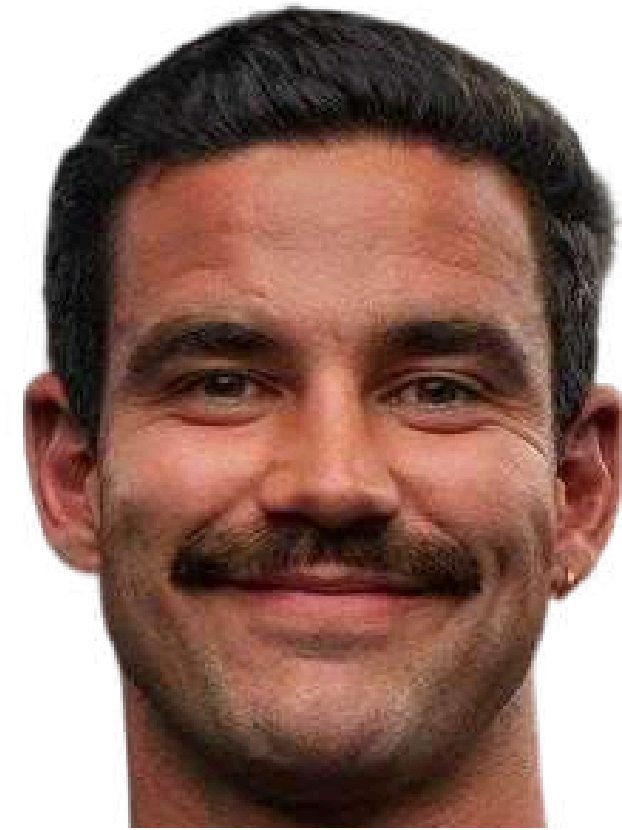
Sam Booth (MSc)
S&C

Strength and conditioning coach specialising in athletic development through structured gym and pitch-based training programmes.



David Thomas (MSc)
Medical

Sports therapist supporting athletes through injury rehabilitation, treatment, and return-to-play within high-performance environments.



Brad Donnelly
Medical

Sports physio specialising in musculoskeletal injuries and athlete rehabilitation, supporting elite football environments with treatment and return-to-play planning.



David Binningsley
Medical

Chartered physiotherapist focused on injury management, rehabilitation, and performance support, working with athletes to ensure effective recovery and return to training.



Dr. Nessian Costello (PhD)
Nutrition

Performance nutritionist with a PhD in sports nutrition, delivering evidence-based strategies to optimise performance, recovery, and body composition.



The Edge in Sport
Match Analysis

Performance analysis specialists providing detailed match and opposition insights to support decision-making, development, and performance improvement.

Athletes & Clubs

Trusted By Athletes Competing
At The Highest Level



Alex Oxlade-Chamberlain
Celtic

“I’ve made big strides, not just the obvious stuff where you need to rehab the injury, but I feel like I’m coming back in better shape across all aspects.”



Caoimhín Kelleher
Brentford

“KPI’s attention to detail helps me stay at my peak physically while making every session enjoyable and educational.”



Daniel Jebbison
AFC Bournemouth

“KPI has helped me massively both physically and mentally. Training there pushes my performance to another level.”

Leagues Our Athletes Have Competed In



Your Best Season Starts Before It Begins

Secure Your Off-Season Programme

Let this off-season set the standard for the year ahead. Register your interest for Summer 2026 programmes.

Limited Places. Priority Allocation.

Programmes available for:

- Portugal performance camps
- UK training at the KPI Athlete Performance Centre
- Global coaching support
- Remote KPI programmes



Book **Your** Consultation