

# IGO EVENT<sup>™</sup> PREPARATION

£1,049 (+ VAT)

## STAGE 1



### ECG & MEDICAL ASSESSMENT

- Examination of heart and lungs
- Body composition analysis
- ECG to check for underlying cardiac abnormalities
- Review of training history and future training plans
- Review of nutritional history
- Injury prevention screen involving detailed musculoskeletal assessment

## STAGE 2



### GAIT ANALYSIS

- 60 minute gait session & slow motion video analysis
- Delivery of relevant scientific info to your biomechanics & footwear
- Implement technique changes to minimise injury & improve performance
- Discussion, analysis & recommendations on your running technique

## STAGE 3



### PERFORMANCE COACH

- Pre-consultation online assessment used to look at judgement & decision making, resilience, hardiness & grit
- Discussion of aims and goals for the challenge
- Evaluation to identify blind spots that might inhibit your performance during an expedition
- Provision of an action plan to achieve stated goals, overcome any adversities and improve overall performance

## STAGE 4



### MEDICAL REVIEW

- Detailed discussion of all your results
- Review of training progress & any barriers to achieving your goals
- Review any injuries & how best to manage them
- Review & optimization of mental approach to training & the IGO Challenge
- Optional check-in and repeat body composition analysis