THE PERFORMANCE SYSTEM

TRAIN WITH PURPOSE.
PERFORM AT YOUR BEST.

A personal performance system built around four training phases and five physical development areas. Training and recovery are tailored to your sport and competition schedule.

THE FOUR TRAINING PHASES

01	02	03	04
FOUNDATION	INTENSIFY	MAXIMUM CAPACITY	PERFORMANCE

FIVE DEVELOPMENT AREAS

STRENGTH	Strength development
POWER	Plyometric training
SPEED	Acceleration and top speed
CORE	Trunk control and force transfer
CONDITIONING	Aerobic and anaerobic capacity

RECOVERY & LOAD MANAGEMENT

Sleep, nutrition, recovery, training load and life stress management support every phase.

00 / THE SCIENCE BEHIND THE PERFORMANCE ACADEMY

TRAINING IS A STIMULUS.
PROGRESS IS AN ADAPTATION.

A demanding workout does not automatically make you stronger, faster or fitter. Your body adapts when it receives a **targeted training stimulus**, has enough time to recover and encounters that stimulus repeatedly. **What you train, how hard you train and when you train** all influence which qualities you develop.

FOUR PRINCIPLES BEHIND THE SYSTEM

01 TRAIN FOR THE RIGHT ADAPTATION

Your body adapts to the demands you place on it. To build strength, you need resistance training. To sprint faster, you need to practise sprinting. Strength and power support speed, but they do not replace actual sprint training.

02 PROGRESS STEP BY STEP

Muscles, tendons and the nervous system need repeated challenges. We gradually increase resistance, speed and complexity. The aim is not to do as much as possible, but to provide a stimulus you can recover from and repeat.

03 RECOVERY DRIVES ADAPTATION

Training creates fatigue. Recovery gives your body a chance to adapt and be better prepared for the next session. That is why sleep, nutrition, rest between demanding efforts and your total weekly workload all matter.

04 MEASURE AND ADJUST

The Performance Baseline measures your starting point in strength, explosiveness, acceleration, core control and conditioning. Combined with your sport and goals, this helps us choose training priorities and evaluate progress.

MORE FATIGUE DOES NOT ALWAYS MEAN BETTER RESULTS

The best session is not necessarily the hardest. It is a session that provides a useful stimulus, allows good technical execution and fits the training that follows.

00 / HOW THE FIVE CAPACITIES WORK TOGETHER

FIVE CAPACITIES.
ONE ATHLETIC PERFORMANCE.

A single sporting action often requires several physical qualities at once. Think of accelerating, pushing off, competing in a physical challenge and doing it again later in a match. The academy therefore develops **five connected physical capacities**, rather than focusing on isolated exercises.

STRENGTH

HOW MUCH FORCE CAN YOU PRODUCE?

Strength training helps your muscles and nervous system produce and absorb greater forces. This increases your strength capacity for pushing off, slowing down and physical contact. More strength does not automatically mean more speed: you must also learn to apply that force quickly.

POWER

HOW QUICKLY CAN YOU PRODUCE FORCE?

Power is the ability to produce force explosively. Plyometric jumps train you to push off forcefully, land and respond quickly on the ground. This helps connect strength development with short, explosive actions in sport.

SPEED

HOW FAST CAN YOU MOVE?

Sprinting requires precise coordination between your muscles and nervous system, with high forces applied during very short ground contacts. That is why we train acceleration and top speed on the field or track, with enough rest between efforts.

CORE

HOW WELL CAN YOU CONTROL YOUR TRUNK?

Your trunk connects your upper and lower body. Good core control helps maintain posture, absorb external forces and transfer force between body segments. We progress from holding stable positions to powerful and explosive movements.

CONDITIONING

HOW LONG CAN YOU SUSTAIN QUALITY?

The aerobic system supports prolonged activity and recovery between intense efforts. Anaerobic energy systems contribute to short, demanding efforts. Both are developed with training that reflects the sport and its competitive demands.

00 / WHY TRAIN IN FOUR PHASES?

BUILD CAPACITY FIRST.
THEN PERFORM WITH PURPOSE.

You cannot develop every quality to its maximum at once and still stay fresh for sport. The Performance System therefore **shifts training emphasis** as your physical abilities develop. Each phase prepares you for the next, while previously developed qualities are maintained.

01

FOUNDATION

BUILD A BODY THAT CAN HANDLE TRAINING

We build load tolerance, muscle mass, basic strength, movement control and an aerobic foundation. This helps you produce force effectively and cope with training demands. Sprinting and jumping begin here too, with appropriate volume and simple progressions.

02

INTENSIFY

INCREASE LOAD AND INTENSITY

With a stronger base, we add heavier but manageable strength work. Conditioning also becomes more demanding, for example with intervals around the lactate threshold. Power, speed and core continue to develop alongside these changes.

03

MAXIMUM CAPACITY

RAISE YOUR PHYSICAL CEILING

Training emphasises maximal strength, maximum aerobic capacity and exposure to higher sprint speeds. Plyometrics become more reactive. Because the demands rise, we carefully manage technique, recovery and total training volume.

04

PERFORMANCE

APPLY YOUR ABILITY WHEN IT COUNTS

We learn to use developed strength more quickly and explosively while keeping acceleration and top speed sharp. Around competitions, we reduce unnecessary fatigue and retain high-quality training with better workload management.

PHASES ARE PRIORITIES, NOT RIGID BLOCKS

Training and recovery are tailored to your sport and competition schedule.

01 / THE COMPLETE SYSTEM

FOUR PHASES. FIVE AREAS.

01 / FOUNDATION

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Muscle mass & base strength	**NCM** From static start	**Acc.** 10 metres **Top:** 20 m + 10 m	Isometric	Aerobic base

02 / INTENSIFY

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Submaximal strength	**CM** Countermovement	**Acc.** 20 metres **Top:** 20 m + 20 m	Low speed, low resistance	Lactate threshold

03 / MAXIMUM CAPACITY

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Maximal strength	**DC** Double Contact	**Acc.** 30 metres **Top:** 20 m + 30 m	Low speed, high resistance	VO_2max

04 / PERFORMANCE

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Explosive strength	**Continuous** Repeated jumps	**Acc.** 10-30 metres **Top:** 20 m + 40 m	Dynamic explosive	Anaerobic capacity

RECOVERY & LOAD MANAGEMENT

Recovery and load management are not separate final phases. They support the entire process. Training volume, load and timing are adjusted around matches and recovery.

02 / PHASE 1

FOUNDATION

Build the foundation for heavier, faster and more intense training. Focus on movement quality, load tolerance and control.

01 / FOUNDATION | 02 / INTENSIFY | 03 / MAXIMUM CAPACITY | 04 / PERFORMANCE

STRENGTH / MUSCLE MASS & BASE STRENGTH

What: Muscle mass & base strength

How: Squat, hinge, push and pull with sound technique and adequate training volume.

POWER / PLYOMETRIE

What: Non-Countermovement (NCM)

How: Jump explosively from a static position, without a preliminary dip. Emphasize controlled landings.

SPEED / ACCELERATION & TOP SPEED

ACCELERATION

10 metres

TOP SPEED

20 m build + 10 m fast

Short sprints on the field or sprint track, with sound technique, full rest and fresh legs.

CORE / ISOMETRIC

What: Isometric

How: Hold the trunk steady under resistance using planks and anti-rotation holds.

CONDITIONING

What: Aerobic base

How: Easy, longer efforts to develop endurance and recovery between actions.

RESULT Greater load tolerance and control provide the foundation for strength, speed and conditioning.

02 / PHASE 2

INTENSIFY

Training load increases. Strength and intensity develop while technique and recovery remain priorities.

STRENGTH / SUBMAXIMAL STRENGTH

What: Submaximal strength

How: Challenging but manageable loads build strength without training at maximum intensity every time.

POWER / PLYOMETRIE

What: Countermovement (CM)

How: Use a brief countermovement for a powerful explosive take-off.

SPEED / ACCELERATION & TOP SPEED

ACCELERATION

20 metres

TOP SPEED

20 m build + 20 m fast

Acceleration and fast-running distances increase; sprint quality remains more important than fatigue.

CORE / LOW SPEED, LOW RESISTANCE

What: Low speed, low resistance

How: Dynamic trunk control with low resistance and higher volume.

CONDITIONING

What: Lactate threshold

How: Sustain a demanding effort longer through tempo work and longer intervals.

RESULT More strength and the ability to sustain higher intensities for longer.

02 / PHASE 3

MAXIMUM CAPACITY

The focus shifts toward maximal strength, aerobic capacity and high-quality sprinting.

01 / FOUNDATION | 02 / INTENSIFY | **03 / MAXIMUM CAPACITY** | 04 / PERFORMANCE

STRENGTH / MAXIMAL STRENGTH

What: Maximal strength

How: Relatively heavy compound lifts, with adequate recovery and consistent technique.

POWER / PLYOMETRIE

What: Double Contact (DC)

How: Land from a preceding jump and immediately take off explosively again.

SPEED / ACCELERATION & TOP SPEED

ACCELERATION

30 metres

TOP SPEED

20 m build + 30 m fast

Longer accelerations and more exposure to high-speed running, with full rest for quality.

CORE / LOW SPEED, HIGH RESISTANCE

What: Low speed, high resistance

How: Higher resistance and lower volume, maintaining trunk control under load.

CONDITIONING

What: VO_2max

How: Improve maximal aerobic capacity using intense intervals and sufficient recovery.

RESULT Greater maximal strength, aerobic capacity and high-quality speed.

02 / PHASE 4

PERFORMANCE

Developed qualities come together at high speed and high quality, while keeping the athlete fresh for competition.

01 / FOUNDATION | 02 / INTENSIFY | 03 / MAXIMUM CAPACITY | **04 / PERFORMANCE**

STRENGTH / EXPLOSIVE STRENGTH

What: Explosive strength

How: Apply strength rapidly through power variations, maintaining maximal strength as needed.

POWER / PLYOMETRIE

What: Continuous

How: Repeated jumps with fast reactive ground contacts while maintaining quality.

SPEED / ACCELERATION & TOP SPEED

ACCELERATION

10-30 metres

TOP SPEED

20 m build + 40 m fast

Acceleration and top-speed work continue, with volume adjusted around matches.

CORE / DYNAMIC EXPLOSIVE

What: Dynamic explosive

How: Rapid trunk actions, force transfer and absorption of explosive loads.

CONDITIONING

What: Anaerobic capacity

How: Produce and repeat short, very intense efforts with appropriate work-to-rest ratios.

RESULT Apply strength, power, speed and conditioning when it matters most.

03 / DEVELOPMENT AREA 1

STRENGTH: BUILDING FORCE

Strength training improves force production, the ability to absorb load and overall physical strength.

01

FOUNDATION

MUSCLE MASS & BASE STRENGTH

Build muscle, technique and load tolerance using squat, hinge, push and pull patterns.

02

INTENSIFY

SUBMAXIMAL STRENGTH

Increase resistance using technically controlled strength sets.

03

MAXIMUM CAPACITY

MAXIMAL STRENGTH

Heavy sets and adequate rest to expand maximal force capacity.

04

PERFORMANCE

EXPLOSIVE STRENGTH

Use developed strength more rapidly; maintain maximal strength where needed.

EXERCISE SELECTION

Key movement patterns are squat, hinge, push and pull, complemented by unilateral work. Exercise selection, loads and volume reflect age, experience and the Performance Baseline.

04 / DEVELOPMENT AREA 2

POWER: PLYOMETRICS

Plyometrics develop explosive force production and absorption. In the Speed Program, this training takes place outside on the field or sprint track.

01

NON-COUNTERMOVEMENT

Take off explosively from a static position without dipping first. Control the landing.

02

COUNTERMOVEMENT

Briefly dip through the hips and knees, then take off explosively.

03

DOUBLE CONTACT

Land from a preceding jump and immediately take off explosively again.

04

CONTINUOUS

Link multiple jumps with repeated reactive ground contacts.

PROGRESSION & QUALITY

Train jumps vertically, horizontally and laterally. Landing quality, appropriate contacts and recovery matter more than extra height, speed or contact count. The four forms represent training emphases.

05 / DEVELOPMENT AREA 3

SPEED: ACCELERATION & TOP SPEED

Acceleration and top speed are trained in all four phases. Flying sprints always use a 20 m build-up, with the fast zone progressing from 10 to 40 m.

01

FOUNDATION

ACCELERATION

10 metres

TOP SPEED

20 m build + 10 m fast

Short sprints on the field or sprint track, with sound technique, full rest and fresh legs.

02

INTENSIFY

ACCELERATION

20 metres

TOP SPEED

20 m build + 20 m fast

Acceleration and fast-running distances increase; sprint quality remains more important than fatigue.

03

MAXIMUM CAPACITY

ACCELERATION

30 metres

TOP SPEED

20 m build + 30 m fast

Longer accelerations and more exposure to high-speed running, with full rest for quality.

04

PERFORMANCE

ACCELERATION

10-30 metres

TOP SPEED

20 m build + 40 m fast

Acceleration and top-speed work continue, with volume adjusted around matches.

SPRINTING IS NOT CONDITIONING

Sprints demand high quality and adequate rest. Distance, repetitions and total load must fit the sport week. In the OPC Speed Program, sprint training takes place outdoors on the field or sprint track.

06 / DEVELOPMENT AREA 4

CORE: TRUNK CONTROL & FORCE TRANSFER

The trunk supports posture, absorbs load and transfers force between the upper and lower body.

01

ISOMETRISCH

Keep the trunk stable under resistance without movement.

02

LOW SPEED + LOW RESISTANCE + HIGH VOLUME

Maintain trunk control through repeated movements with light resistance.

03

LOW SPEED + HIGH RESISTANCE + LOW VOLUME

Control and stabilize the trunk against higher resistance.

04

DYNAMIC EXPLOSIVE

Transfer force rapidly or absorb a sudden force demand.

PRACTICAL APPLICATION

Core training should match the goal and takes place in the gym within the Speed Program. Extra load or speed only helps when the athlete maintains control.

07 / DEVELOPMENT AREA 5

CONDITIONING: FROM BASE TO INTENSITY

Develop aerobic and anaerobic capacities to sustain effort and recover between demanding actions.

01

AEROBIC BASE

Easy, longer endurance efforts to build an aerobic base and support recovery.

02

LACTATE THRESHOLD

Challenging, controlled tempo work and longer intervals.

03

VO_2MAX

More intense intervals to improve maximal aerobic capacity.

04

ANAEROBIC CAPACITY

Short, very intense bouts with purposeful work-to-rest ratios.

IMPORTANT FOR PROGRAMMING

The aerobic base remains important in later phases. Conditioning emphases are coordinated with sport training, matches and available recovery time.

08 / STARTING POINT

TEST FIRST. THEN PRIORITIZE.

The Performance Baseline shows the athlete's current level and helps identify physical qualities to prioritize.

01

STRENGTH

Squat, hinge, push, pull

Strength across key movement patterns.

02

POWER

Standing broad jump

Explosive horizontal force production.

03

SPEED

10-metre sprint

Acceleration from a standing start.

04

CORE

Plank, side plank en back extension hold

Trunk control under load.

05

CONDITIONING

5-minute MAS test

An estimate of maximal aerobic speed.

FROM TESTING TO TRAINING

Test selection depends on age, experience, load tolerance and goals. Results guide priorities, exercise choices and retesting.

09 / PROGRAM LENGTH

16, 24 OR 32 WEEKS

The same Performance System can be delivered over different program lengths. Every athlete starts in Foundation, with training emphasis and load tailored individually.

16 WEEKS

4 weeks per phase

PHASE 1	PHASE 2	PHASE 3	PHASE 4
FOUNDATION	INTENSIFY	MAXIMUM CAPACITY	PERFORMANCE
week 1-4	week 5-8	week 9-12	week 13-16

24 WEEKS

6 weeks per phase

PHASE 1	PHASE 2	PHASE 3	PHASE 4
FOUNDATION	INTENSIFY	MAXIMUM CAPACITY	PERFORMANCE
week 1-6	week 7-12	week 13-18	week 19-24

32 WEEKS

8 weeks per phase

PHASE 1	PHASE 2	PHASE 3	PHASE 4
FOUNDATION	INTENSIFY	MAXIMUM CAPACITY	PERFORMANCE
week 1-8	week 9-16	week 17-24	week 25-32

PHASES ARE EMPHASES, NOT RIGID BLOCKS

Load can be reduced around busy competition weeks. Developed qualities are maintained; peaking primarily reduces fatigue while preserving training quality.

10 / PROGRAMS

ONE SYSTEM. DIFFERENT PRIORITIES.

The Performance Baseline and sport goals determine which areas receive additional focus.

STRENGTH PROGRAM

Full-body strength and core.

All four strength phases, adapted to load tolerance, sport and level.

SPEED PROGRAM

Gym and field / sprint track.

Strength and core in the gym; plyometrics, acceleration and top-speed training outdoors.

CONDITIONING PROGRAM

Aerobic and anaerobic capacity.

Aerobic base, lactate threshold, VO_2max and anaerobic capacity.

CUSTOM PERFORMANCE

Personalized combination.

A combination of the five development areas guided by the Performance Baseline.

EVERY PROGRAM INCLUDES

Performance Baseline	Personal baseline assessment
Program in the OPC app	Exercises, sets, reps and videos
Weekly coaching	Check-ins, chat and feedback
Progress tracking and adjustments	Aligned with sport, recovery and matches

11 / THE COMPLETE PICTURE

TRAIN WITH PURPOSE. PERFORM AT YOUR BEST.

Five physical development areas are built across four phases. Speed and plyometrics have their own training stimulus in every phase of the Speed Program.

01 / FOUNDATION

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Muscle mass & base strength	NCM	Acc. 10 metres Top 20+10 m	Isometric	Aerobic base

02 / INTENSIFY

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Submaximal strength	CM	Acc. 20 metres Top 20+20 m	Low speed, low resistance	Lactate threshold

03 / MAXIMUM CAPACITY

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Maximal strength	DC	Acc. 30 metres Top 20+30 m	Low speed, high resistance	VO_2max

04 / PERFORMANCE

STRENGTH	POWER	SPEED	CORE	CONDITIONING
Explosive strength	Continuous	Acc. 10-30 metres Top 20+40 m	Dynamic explosive	Anaerobic capacity

RECOVERY & LOAD MANAGEMENT

Sleep, nutrition, training load and recovery support every aspect of the Performance System. We build capacity while accounting for the sport and competition calendar.