

When you are looking at a long-term approach in your development as an endurance athlete, having a good support structure is critical to achieving better performance. Support covers various areas and needs to be organized to ensure your body and mind are well maintained as you progress.

Elite athletes have access to a team of professionals and a variety of services at the sports institutes and make use of them regularly. This allows them to keep the quality of training high while lowering the risk of injury and burn out. You too can invest in the right services and support yourself with a team of people all focused on helping you achieve your goals.

Here are some of the areas or services you can look to get help in:

1. Physiological testing

Getting yourself tested is the best way to improve performance. Picture your body as a car engine and you are sending it in regularly to get serviced. Without the knowledge and understanding of how your engine is running, it is difficult to prescribe the right training intensities to get effective benefits. Not only does it give you a snap shot of the systems in your body; it allows you to track the physiological changes as you progress.

2. Biomechanical analysis

Biomechanics looks at the level of efficiency of human movement and determines the areas of weakness that need to be corrected. This helps to conserve energy, increase power and also reduces the risk of injury. Without visual and analytical feedback, it is very difficult to know if you are doing things right or if it is seriously wrong. Making sure you develop good habits from the start means you will have fewer things to work on later and you can focus on more specific training with ease.

3. Strength and conditioning

Keeping your body conditioned does not just imply lifting weight and working on the primary muscle groups. There is more to it and that involves strengthening other muscles for better core and joint stability. The benefits are similar to having good biomechanics and keep producing better returns as you collectively spend time working on it. Most exercise sets have different levels of difficulty, so make sure to have someone experienced guide you on what is appropriate.

4. Stretching and massage therapy

It is good to have a moderate level of flexibility and get sports massages regularly to promote better range of motion and keep you from getting injured. This is proven to be very important in improving the sustainability, consistency and quality of training. The faster you can recover from your training, the more gains you can look forward to in your next training session.

5. Sports nutrition

What you put into your body will directly affect what you get out of it in performance. Putting low grade fuel into a car will not only see it running less

efficiently and also damages the engine. Don't let all that time and effort spent training go to waste by not eating right. Getting advised on a good meal structure can greatly help to enhance your recovery, performance and development.