



WELLNESS SPORT

SUMMER / WINTER

KIHU - The Research Institute for Olympic Sports

KIHU, the Research Institute for Olympic Sports, promotes Finnish competitive and top-level sports through ethically responsible and high-quality applied research, development and expert activities. KIHU works in close cooperation with its key partners, the Olympic Committee, the Paralympics Committee and the University of Jyväskylä. KIHU's activities support the strategic core of successful top-level sports, with its goals being international success, high-quality expertise, and respected sports.

An important task of KIHU is to ensure the best and latest knowledge, expertise and support for top athletes, their coaches, different sports and other top-level sports actors. A purpose of this activity is to produce high-quality and efficient research, development, expertise and training functions for the entire path of a sports person.

SRD Oy / Sports Lab Jyväskylä is a KIHU-owned company that produces and sells research or sample-based expert services to sports people of all ages and levels, as well as prospective enthusiasts. In addition to these, Sports Lab Jyväskylä carries out, by commission, product testing studies for companies.



Lakeland Finland



WELLNESS SPORT

SUMMER / WINTER

ACADEMIC GROUP

Groups wishing for fitness developments (over 10 pers.)

| Content | Pricing |
|--|---|
| Training 3-5 times per week (1,5h) <ul style="list-style-type: none">• Endurance training• Gym/ strength training• Mobility/body control | 220 €/training. + possible travel costs |
| Expert lectures (1 h) <ul style="list-style-type: none">• Nutrition• Loads and recovery• Development of endurance• Strength development | 220 €/lecture + possible travel costs |
| Tests and feedback lecture <ul style="list-style-type: none">• UKK-walking test (for walkers)• Level test run 6x1000 m (for runners)• Muscular strength tests• Feedback lecture for groups in Jyväskylä | 20 €/pers 66 €/pers 25 €/pers 55 €/lecture |
| Load monitoring and feedback lecture <ul style="list-style-type: none">• Firstbeat heartbeat analytics 3 day | 165 €/pers |

TARGET LEVEL

Sports persons (over 10 pers.)

| Content | Pricing |
|---|---|
| Specialist lectures (1 h) <ul style="list-style-type: none">• Nutrition• Loads and recovery | 220 €/training. + possible travel costs |
| Tests and feedback lecture <ul style="list-style-type: none">• Appropriate endurance tests• Appropriate power and speed tests• Feedback lecture for groups in Jyväskylä | Test specific pricing 55 €/lecture |
| Load monitoring and feedback lecture <ul style="list-style-type: none">• Firstbeat heartbeat analytics 3 day | 165 €/pers |





WELLNESS SPORT

SUMMER / WINTER

LEISURE LEVEL

Groups wishing to improve wellbeing (over 10 pers)

| Content | Pricing |
|--|---|
| Training 3-5 times per week (1.5 h) <ul style="list-style-type: none">• Endurance training• Gym/ strength training• Mobility/body control | 220 €/training. + possible travel costs |
| Specialist lectures (1 h) <ul style="list-style-type: none">• Nutrition• Loads and recovery | 220 €/lecture + possible travel costs |
| Tests and feedback lecture <ul style="list-style-type: none">• UKK-walking test (for walkers)• Muscular strength tests• Feedback lecture for groups in Jyväskylä | 20 €/pers 25 €/pers 55 €/pers |
| Load monitoring and feedback lecture <ul style="list-style-type: none">• Firstbeat heartbeat analytics 3 day | 165 €/pers |

DESCRIPTION OF EXERCISES

Endurance exercise: Low intensity extended duration endurance training in the Finnish nature, taking into account the individual's sport, training background, level and age.

Gym/ strength training: Diverse strength training with additional weights in order to increase the maximum strength of individually defined muscle groups, taking into account the person's strength training background, level and age.

Mobility / body management training: A diverse mobility and body management exercise that mainly utilizes one's own body weight and muscle strength, with the aim of developing one's own body management, taking into account individual starting points.

DESCRIPTION OF LECTURES

Nutrition: The basics of healthy nutrition for active people.

Load and recovery: The load on the body when training and stress, as well as the monitoring and management of loads and recovery.

Development of Endurance: What is endurance and how is it developed?

Development of Strength: What is strength and how is it developed?





WELLNESS SPORT

SUMMER / WINTER

DESCRIPTION OF TESTS

FAQ Walking Test:

In the UKK Walking Test, one walks briskly for 2 km and the time and heart rate of the participant is measured for the performance. The test is suitable for those who exercise a little and mainly those that enjoy walking. The result is based on an estimate of the maximum oxygen uptake (VO₂max). The result is expressed as a fitness index that takes into account the effect of age. The fitness index indicates the fitness level, compared to the reference values for women and men of the same age.

Level test run:

In the level test, the subject runs 6x1000 m at ascending speed so that the first 1000 m is lowest on effort and the last one is maximal. The test measures the times, the lactate concentration in the blood and the heart rate. The test is suitable for running enthusiasts, and the test determines maximum durability, as well as aerobic and anaerobic thresholds for guidance on endurance training.

Muscle strength tests:

The muscle strength tests measure the durable strength of the muscles. The tests involve the lifting of the upper limbs, push ups, abdominal muscles, back muscles, and repetitive squats. The results are reported in terms of performances, compared to persons of the same age.

Load monitoring:

In the Firstbeat load monitoring tests, the subject has their heart rate and heart rate variation measured continuously for 1-3 days.. The test measures regulation of the autonomic nervous system. The result of the test provides feedback on the load and the effect of recovery during the day regarding exercises and other chores.

