



Winning Edge

Recovery and Performance Optimisation Programme for Sports Teams



The Wellbeing Advantage



Our Approach

Founders of The Wellbeing Advantage, Drs Janine and Ken van Someren, bring a unique blend of scientific expertise and practical experience to support your team's high-performance needs.

From Ken's unrivalled experience working with professional and Olympic athletes and Janine's research in high performance elite tennis to the corporate workplace, we have the personal experience and research data to show what it takes to be your best.

Our aim is to empower athletes and teams to optimise their training, recovery and performance.



A low-angle shot of a soccer goal net against a clear blue sky. A soccer ball is caught in the net, having just scored a goal. The net's hexagonal mesh is prominent in the foreground.

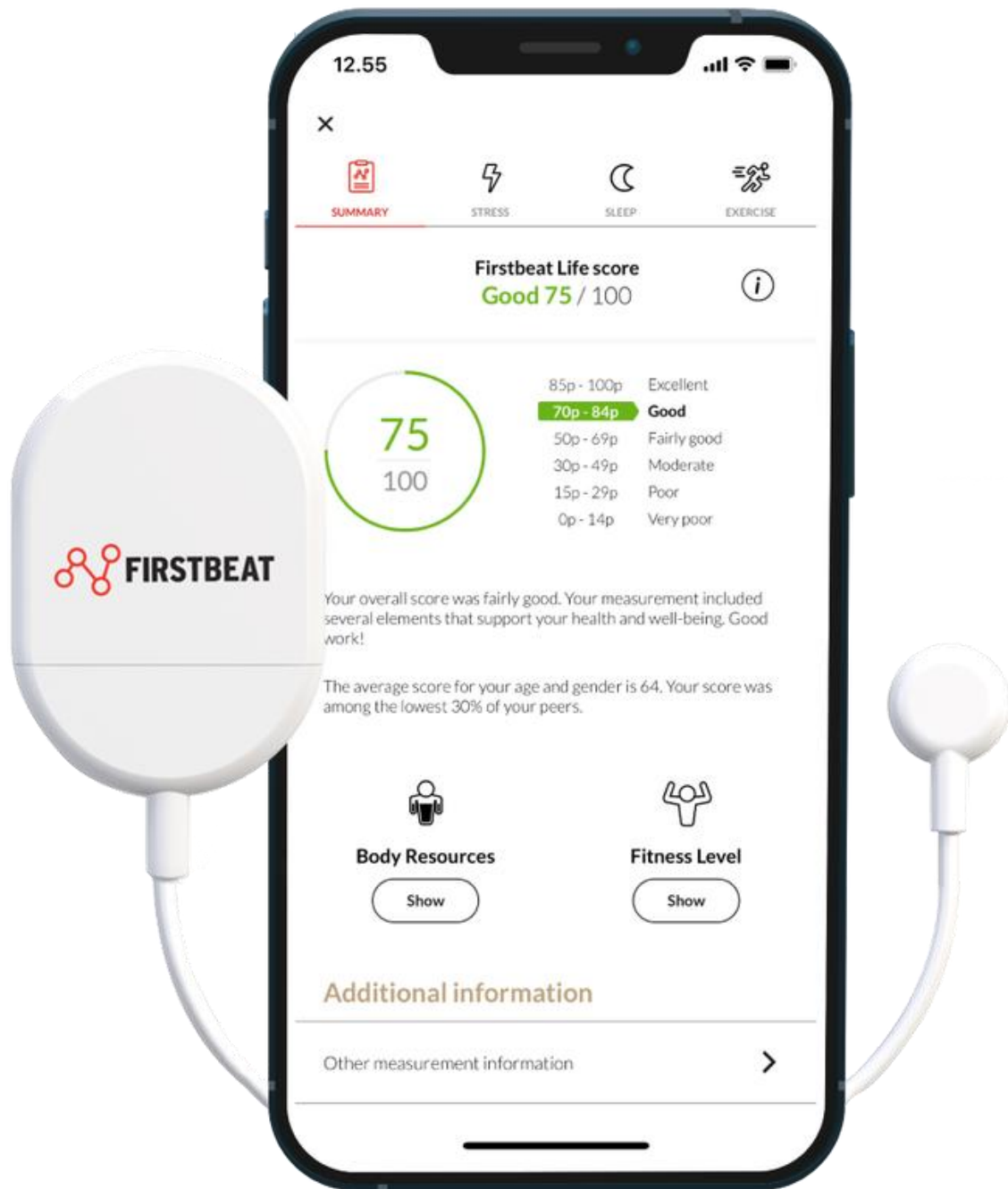
Unlock True Potential with Data-Driven Performance

Improve Recovery and Performance: Reduce injury risk, accelerate recovery, and boost mental resilience, ensuring players achieve peak performance.

Leverage the Power of Real-Time Feedback: Use wearable technology to inform recovery and performance, allowing for real-time adjustments to rest and recovery.

Understand Lifestyle: measuring the impact of work, travel and life load to inform personalised rest and recovery strategies.





How It Works

Firstbeat Analytics Integration: Each player wears a Firstbeat device that tracks key metrics such as heart rate variability, recovery, sleep, and stress levels.

Data Review and Insights: Regular 1:1 sessions to review individual performance data and build a personalised plan to enhance recovery and performance.

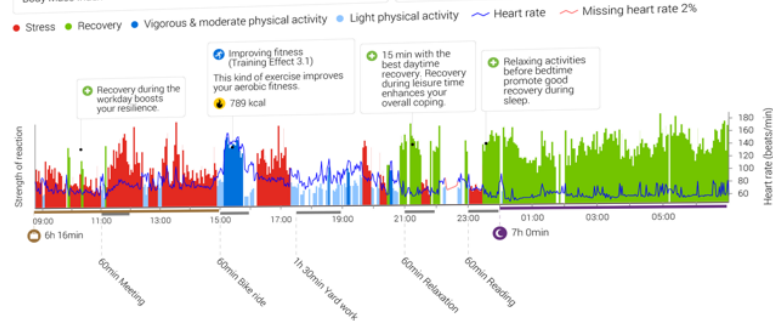
Group Workshops: Interactive sessions for the whole team, focusing on how to incorporate the insights into training, recovery, and performance strategies.

Ongoing Monitoring and Adjustment: Regular follow-ups to assess progress, make adjustments, and continue optimising individual and team performance.

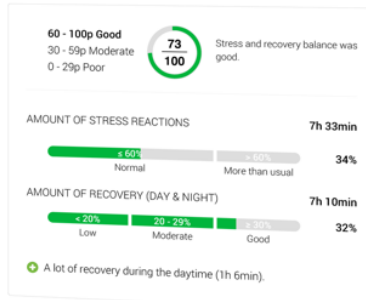


LIFESTYLE ASSESSMENT

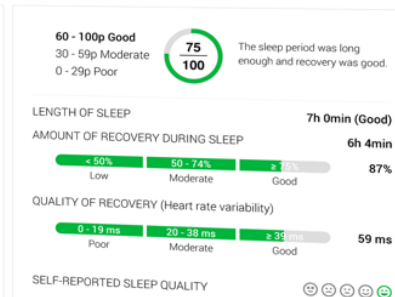
Person: Case 2017	39	Activity Class	6.0 (Good)	Measurement:	Mon 14.09.2015 08:44
Age	180	Resting heart rate	46	Start time	22h 16min
Height (cm)	78	Max. heart rate	189	Duration	50 / 73 / 170
Weight (kg)	24.1			Heart rate (low/avg/high)	
Body Mass Index					



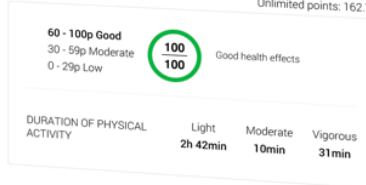
STRESS AND RECOVERY



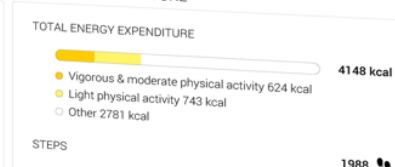
SLEEP



PHYSICAL ACTIVITY



ENERGY EXPENDITURE



Why Choose Winning Edge?

Holistic Approach: We focus on all aspects of load & recovery: physical, mental, and emotional, creating a truly comprehensive approach to peak performance.

Evidence-Based: Powered by **Firstbeat Analytics**, our programme is rooted in scientifically backed data that enables informed decisions on rest, recovery, and overall wellbeing.

Tailored to Your Team: Whether you're training for a season, a competition, or looking to boost player resilience, this programme is fully customisable to meet your team's needs.





Why Firstbeat Analytics?

“Professional athletes are training around 25 hours a week so there are still 143 hours that are very important in recovery and ultimately performance.”

Veli-Pekka Kurunmaki. Firstbeat Director of Sports Performance Products

“In the past, we would go off coaching intuition, watch the player walk in and make a judgement based on what you are seeing or feeling from that player. A lot of times it’s hard to get a kid to open up with such subjective feedback. With Firstbeat, we have actual data that can validate some of that intuition and create an opportunity to get a player to open up and talk about what is going on.”

Frank Wintrich, Director of Football Performance, UCLA

“I use the system with the injured players to help them return safely to the line-up. The first two weeks after injury is the most critical time to see how they are responding to the increased training load.”

**Julen Masach Strength and Conditioning coach, Arsenal
Previously PSG, Hannover 96, Turkey national team**

*To perform at the top level consistently, every moment counts.
Being able to understand and appreciate what is happening away from training or practice
can help inform the decisions made during it.*

The Next Step

Contact us today to schedule a free consultation and find out how **Winning Edge** can help your team achieve **recovery** and **performance**.

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[Web: The Wellbeing Advantage](#)

