

PhD Studentship: Recovery and In-Season Training Strategies in Professional Male Cricket

Funding: The studentship is for three years (full-time) and provides a tax-free UKRI standard stipend (£23,805 per annum in 2026/2027), plus full tuition fees at the UK rate. Funding is available for home (UK) applicants only.

Start Date: October 2026

Location: Northwood, London, UK

About the Partners

The University of Essex, in partnership with Middlesex Cricket, is offering a fully funded PhD studentship focused on recovery, workload and in-season strength and conditioning strategies in professional male cricket.

This is an exciting opportunity for a motivated researcher-practitioner to undertake a PhD embedded within a professional cricket environment. Academic supervision will be led by Dr Jamie Tallent from the University of Essex, with professional support led by James Fleming, Head of Athletic Performance at Middlesex Cricket.

About the Project

Professional cricket places substantial demands on players, who must maintain physical qualities across a congested season involving four-day, one-day and T20 cricket. However, there is limited evidence to guide how practitioners should monitor recovery, assess physical readiness and prescribe in-season strength and conditioning without compromising performance or availability. This PhD will examine recovery, workload and training responses in professional male cricketers to develop evidence-informed approaches to recovery monitoring and in-season training practice.

The PhD is likely to address the following aims:

1. To identify practical and valid approaches for assessing recovery status in professional male cricketers during the competitive season.
2. To examine how match-play, training load and fixture congestion influence recovery, neuromuscular function and physical readiness across different phases of the season.
3. To identify appropriate in-season training windows and strength and conditioning strategies that can be used to maintain or develop key physical qualities in professional male cricketers.
4. To develop evidence-informed guidance for practitioners working within professional cricket environments.

Additional Responsibilities

Alongside their research project, the successful candidate will contribute to the broader performance programme at Middlesex County Cricket Club, including:

- Supporting strength and conditioning delivery to men's academy performance squads.
- Assisting with athlete monitoring, performance profiling, and physical testing.
- Liaising with coaching and support staff to align research insights with applied training practice.
- Attending operational and performance meetings to integrate the PhD with daily training environments.
- Supporting the development of individualised programmes based on performance data and scientific evidence.

Eligibility

Applicants should:

- Hold at least a 2:1 Honours degree in sport science, strength and conditioning, or a related discipline. A relevant masters degree is desirable.
- Have experience working with athletes in a performance sport setting, ideally within a team sport context.
- Demonstrate strong data handling and analytical skills (e.g., Excel, R, or Python).
- Hold (or be working towards) UKSCA accreditation or equivalent.

How to Apply

Application closing date: Friday 10th July 2026 at 17:00.

You can apply for this postgraduate research opportunity [here](#). Once you have submitted your application, **please also email jamie.tallent@essex.ac.uk** confirming you have submitted your application. If you have any problems with the process, please do contact Dr Jamie Tallent.

Applications MUST include the following documents to be uploaded:

- A completed School of Sport, Rehabilitation and Exercise Sciences Statement of Research Interest pro forma. Applicants should use the project title: **Recovery and In-Season Training Strategies in Professional Male Cricket** and complete the form in relation to this advertised studentship. The statement should be a maximum of 500 words, excluding the reference list.CV
- Covering letter
- Transcripts of any undergraduate or masters qualifications.

For an informal discussion, please contact Dr Jamie Tallent: jamie.tallent@essex.ac.uk

Shortlisted candidates will be invited to interview late July 2026

Studentship is offered subject to final funding confirmation

