

Performance Coach

We are seeking an enthusiastic and motivated Performance Coach with at least 2 years' experience to join our team.

GoPerform is one of the leading sports injury and human performance centres in the UK. Since opening in 2017, we have offered a high level of performance coaching and rehabilitation services to athletes and the general public. We work together as an inter-disciplinary team to maximise the performance potential of the individuals and teams we work with.

Location: Reading, UK

Starting Salary: £30,000 – £35,000 pa (based on experience) with an annual pay review, annual bonus and CPD budget of £500

Main Roles and Responsibilities

- Programming and delivery of 1-1 and group strength and conditioning sessions to athletes and clients.
- Programming and delivery of youth athlete sessions including 1-1s, academy groups and schools.
- Delivery of physical testing appointments, VO2 max, lactate threshold, and force profiling.
- Working alongside our physiotherapists to deliver late-stage rehabilitation sessions.
- Ongoing development of the performance department's product offering and refining the client experience.

Essential Education, Experience and Skillset

- Undergraduate degree in strength and conditioning, sports science or a related field.
- Minimum 2 years' post-grad experience delivering strength and conditioning coaching and programming to athletes and/or general population clients.
- Experience working with young athletes (<16 years old) and practical delivery of an athletic development model.
- Practical use of force plates, speed gates and dynamometry equipment.
- Experience coaching some or all of the following: weightlifting, plyometrics, speed and agility techniques.
- Experience working as part of an inter-disciplinary team.
- First aid certified
- Enhanced DBS
- Computer literate with the ability to use Microsoft Office and Google Drive.
- Familiarity with training apps and software.

Desired Education & Experience

- Master's degree in strength and conditioning, sports science or related field
- Previous delivery of VO2 max and lactate threshold tests and reports.
- UKSCA Accreditation or S&C Trainer Qualification

Personal Skills

- Enthusiastic and highly motivated with the ability to use initiative.
- Excellent communication, team building and inter-personal skills.
- Driven to develop both personally and professionally.

Hours of Work

- This is a full-time role (37.5 hours per week) including weekend work and some irregular hours.
- Start date from the end of February 2026

How to apply

To be considered for this role please send your CV and a short cover letter of no more than 500 words to tristan@go-perform.co.uk by 5pm on Sunday 25th January 2026.