



What is PaceLab Bespoke Fast Bowling Coaching?

What are the two options?

The PaceLab Bespoke Fast Bowling Coaching is a premium coaching programme designed specifically for fast bowlers looking to take their speed, bowling robustness and longevity to the next level. We focus on improving players' skills and performance through strength and conditioning sessions and bowling-specific workouts in the programme. Our current Bespoke players have all made outstanding fast-bowling progress. So why not join them and the PaceLab Fast Bowling revolution. You have a totally **remote option** or a 'once per month' **live option** in the UK.

What is offered in PaceLab Bespoke?

- **Initial Consultation** – The purpose of the initial consultation is to introduce the programme, explain how everything works and help get you up and running with all the systems. Steffan will individually analyse a pre-recorded video of your bowling action with you, explaining areas for improvement. This will take place Online. Additionally, this is also an excellent opportunity to ask any questions about the programmes.
- **Access to the PaceLab Platforms-** PaceLab has partnered with both [Ludimos](#) and [VoltAthletics](#) to give you access to the latest Fast Bowling technology and management software available on the market. Steffan can analyse all your recorded sessions. He will track all your training daily and engage in frequent interactions to discuss how training is going, changes to the programme and constant assessment.
- **Programme and Workload Management**– Steffan will design a programme that works around you and your commitments to ensure that you are in peak condition for your season so you can make a statement. He will use all his experience in designing programmes for some of the world's greatest fast bowlers. We will design your programme around your goals, neurotype, training age, and other important metrics.



PaceLab Bespoke is an individualised programme with direct contact with PaceLab founder Steffan Jones. This is our most premium service, and the programmes cost reflects this level of engagement.

Who can sign up?

Pacelab Bespoke is available for all aspiring professional cricketers. If you are unsure if it's for you, please email Steffan using the contact form below.

How can I sign up for the PaceLab Bespoke Fast Bowling Coaching?

We will assess your application for a place on the PaceLab Bespoke initiative. To apply, please click the link at the end of the PDF or alternatively email us at info@pacelabglobal.com

We may require some more information from you. If you are unsuccessful, please don't worry; many other solutions will help you achieve your bowling goals, like PaceLab Remote





Pacelab Bespoke costs

£129.99 / month and a £999.99 sign-up fee

Pacelab Bespoke is the premium and most custom-made Pacelab service. With Pacelab Bespoke, you get treated like a true professional, and all your fast bowling training needs will be met. We focus on improving players' skills and performance through the programmed strength and conditioning sessions and bowling-specific workouts. Our current Bespoke athletes have all made outstanding fast-bowling progress

[Click here. Bespoke programme](#)



WANT MORE?

PaceLab Bespoke Pro



What is the PaceLab Bespoke Pro?

Steffan's innovative supplement to the PaceLab Bespoke training programme, the PaceLab Bespoke Pro, provides live and dynamic coaching to cricketers anywhere. It is available to all current PaceLab Bespoke athletes through online fast bowling coaching Zoom sessions or in-person training at a mutually agreed location.

He designed the programme to empower players to customise their sessions according to their specific needs and schedules, offering flexibility and accessibility. Through the PaceLab Bespoke, enrolled cricketers can receive live coaching from Steffan, either online or in person.

Steffan has been successfully coaching some of the world's leading fast bowlers using this approach for the last few years. We are excited to extend this service to all PaceLab Bespoke athletes worldwide.

Steffan's revolutionary coaching service offers players unprecedented flexibility and accessibility, enabling them to receive personalised coaching that suits their individual needs and schedules, regardless of location



Online Fast Bowling Coaching- (£200 per hour)

You will have a bowling or gym session, which Steffan would have planned. Steffan will be with you via Zoom for the entirety of your session. You will receive dynamic and live feedback from him. He will be able to give you technical feedback, feedback on fatigue and reps and adjust the programme dynamically depending on how you find the session. He will also be able to manage your AREG and bowling load.

Live Fast Bowling Coaching- (£500 for two hours)

Our live fast bowling coaching sessions take place at a mutually agreed location. You'll receive fast bowling specific training, including strength, rotational, and weighted ball training, just like a professional.



COSTS

We would recommend 1-2 sessions per month only



Click here. Bespoke PRO