Steve Ingham has worked as an applied sports physiologist since 1996. At the British Olympic Medical Centre, Steve worked with rowing, athletics and bobsleigh (the latter offering one too many hair raising experiences). In 2005 Steve moved to the English Institute of Sport, based at Loughborough University (including the hub site and team providing support to GB triathlon squad), taking up the position of Regional Lead and furthering his work with athletics. Through 4 Olympic cycles Steve has experience of working with over 40 Olympic or World medallists.

Steve has a particular focus on the domains of modelling the determinants of performance, oxygen uptake, training methodology and recovery. He is currently supervising several applied research programmes, including ‘The optimisation of adaptation following exercise’ and ‘The training methods of elite endurance runners’.

Steve currently holds the chair of the Sports and Performance Division of the British Association of Sport and Exercise Sciences (BASES).

Some selected recent articles include;

