



HEKA

OPTIMIZING SPORTS PERFORMANCE

BOOTCAMP 1

12-16 MAY 2025
MANALI, INDIA



Are you Ready?

If you are an amateur or professional athlete,
HEKA is for you.

We do not cater to generic fitness enthusiasts.



Case Examples >>

Football

Controlled hypoxia and hypercapnia along with proper breathing mechanics to improve a midfielder's in-game recovery

Swimming

Overhaul of dietary regime to ensure better metabolics combined with specific pre-race supplements for better lactic acid tolerance

Cricket

Use of a specific constraint combined with differential learning to correct a "defect" in batting technique

Rock Climbing


Use of two specific constraints for feet and hands to ensure core engagement and "flow" in competitive sports climbing

What

- A 5 day sports performance optimization bootcamp for amateur and professional athletes.
- General conditioning, strength training and skill acquisition at a high altitude, based on a pre-planned, tailor-made program appropriate for you and your sport.
- Accompanied by an on-site sports physio.

Join

Interview and Selection* 

- Evaluation
 - Program Formulation
 - Nutrition & Metabolics (Optional)
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BOOTCAMP 1

*Entry into the Bootcamp is at HEKA's discretion and reserved for serious amateur and professional athletes. We may require a reference before confirming your spot.

Program Details >>

Price: ₹89791 + GST

Duration: 5 Days 6 Nights

Objective: A framework-setting performance optimization program for your sport, including modules on mobility, strength, sport specific conditioning and motor learning.

Daily Schedule Overview

Day 00

-Arrival, Briefing, Rest & Acclimatization

Day 01

- **6:00 - 09:00 AM:** Breathwork, Mobility 1 ("Activation"), Physio's Strength and Mobility Consultation (Group 1)
- **9:00 - 12:00 PM:** Benchmark Testing, Sport Specific Conditioning 1, Physio's Strength and Mobility Consultation (Group 2)
- **3:00 - 06:00 PM:** Basic Movements, Motor/Cognitive Training 1, Physio's Strength and Mobility Consultation (Group 3)
- **6:00 - 09:00 PM:** Cooldown Breathwork, Dinner & Rest

*subject to change depending on pre-evaluations and relevant sport(s)

Day 02

- 6:00 - 09:00 AM: Breathwork, Ice Bath
- 9:00 - 12:00 PM: Strength Training 1, Sport Specific Skills 1
- 3:00 - 06:00 PM: Rest, Optional Academic Presentation
- 6:00 - 09:00 PM: Mobility 2 ("Feldenkrais"), Dinner & Rest

Day 03

- 6:00 - 09:00 AM: Breathwork, Motor/Cognitive Training 2
- 9:00 - 12:00 PM: Sport Specific Conditioning 2
- 3:00 - 06:00 PM: Strength Training 2
- 6:00 - 09:00 PM: Mobility 3 (with Mobility Specialist), Sauna 1, Dinner & Rest

Day 04

- 6:00 - 09:00 AM: Breathwork, Ice Bath
- 9:00 - 12:00 PM: Sport Specific Skills 2
- 3:00 - 06:00 PM: Sport Specific Training 1
- 6:00 - 09:00 PM: Dinner & Rest

*subject to change depending on pre-evaluations and relevant sport(s)

Day 05

- **6:00 - 09:00 AM:** Breathwork, Benchmark Tests
- **9:00 - 12:00 PM:** Advanced Sporting Methods (Group 2), Final Physio Consultations & Roadmapping (Group 1)
- **3:00 - 06:00 PM:** Advanced Sporting Methods (Group 1), Final Physio Consultations & Roadmapping (Group 2)
- **6:00 - 09:00 PM:** Sauna 2, Farewell Dinner & Rest

➤ Inclusions

- Hotel Stay
- All meals from dinner on Arrival Day to breakfast on Departure Day
- Personalized consultations with sports physio (3 hours in total)
- All activities
- All excursions
- All transfers during the program

➤ Exclusions

- Flight tickets
- Transfers to and from airport
- Insurance
- Taxes
- Anything not mentioned in inclusions

*subject to change depending on pre-evaluations and relevant sport(s)

About Us >>

HEKA is a full service sports performance consultancy which focuses on holistic performance optimization by blending ancient techniques with cutting-edge academic research.

We do not cater to the general public. Our services are reserved for athletes and coaches only.



Train With Us >>

01.

ENVIRONMENT

- Hot & Cold Exposure
- High Altitude
- Photobiomodulation
- Water

02.

CONDITIONING

- Nutrition and Metabolics
- Breathwork
- Mobility
- Diet

03.

SPORT SPECIFIC STRENGTH

- Gym Workouts
- Body Weight
- In-Sport

04.

SPORT SPECIFIC SKILLS

- Neural Adaptation
- Cognition and Motor Learning
- Smart Practice

Conditioning >>

Conditioning can be thought of as the foundation of performance management. We use several different tools to ensure the solidity of that foundation.

Our techniques include ice baths, heat exposure, fasting, breathwork and several other standard and unorthodox conditioning protocols.

We also implement certain proprietary and confidential techniques on a case-to-case basis for competitive athletes.

Strength >>

Our approach to sport specific strength is indeed specific and based on cutting-edge academic research. Your body's "affordances" in a sport are dictated by your strength.

For example, academic research** consistently shows that where subjects are told to evaluate the gradient of of an uphill slope or a staircase, weaker subjects overestimate the gradient while stronger subjects underestimate it.

See for example **Taylor-Covill, G. A., & Eves, F. F. (2014). When what we need influences what we see: Choice of energetic replenishment is linked with perceived steepness. *Journal of Experimental Psychology: Human Perception and Performance*, 40(3), 915.

*Our protocols vary depending upon your strengths and weaknesses in your sport.

Skills >>

Our work on this pillar is difficult to match - there is a very large body of academic research on skill acquisition which most practitioners are unaware of.

We apply several approaches to the field such as the constraints-led approach (CLA), external foci of attention and the ecological approach to skill development.

Process >>



Assessment

- What is your current level in your sport?
- What are your goals and timelines?
- How do you think you can improve?



Evaluation

- Blood Reports
- Sport Specific parameters of strength
- Breath Tests
- Food habits, sleep, rest and recovery



Tailor-Made Plans

- Sport Specific insights
 - Training Cycles
 - Roadmaps



Implementation & Oversight

- Follow-up consultations
 - A/B Testing
 - Preparation for competitions



Programs >>

MONITOR

RETRACE

IMPULSE

CALIBRATE

DETECTOR

ENCODER



➤ BootCamps

5-10 day stays at high altitude, with high intensity, high output and high results



➤ Consulting & Specialized Research

Helping you to train correctly and perform perfectly - using the best and latest research in sports science



➤ HEKA for Coaches

Helping you help your athletes



Our Team >>



Viraj Bhide (Chief Sporting Officer)

Viraj has been a competitive rock climber and played every level and category of the sport since 2002. He currently practices two sports: outdoor, non-competitive rock climbing and competitive amateur skiing. When time permits, he also volunteers as a route-setter and coach for various rock climbing competitions, while trying his hand at various other sports to "see where he stands".

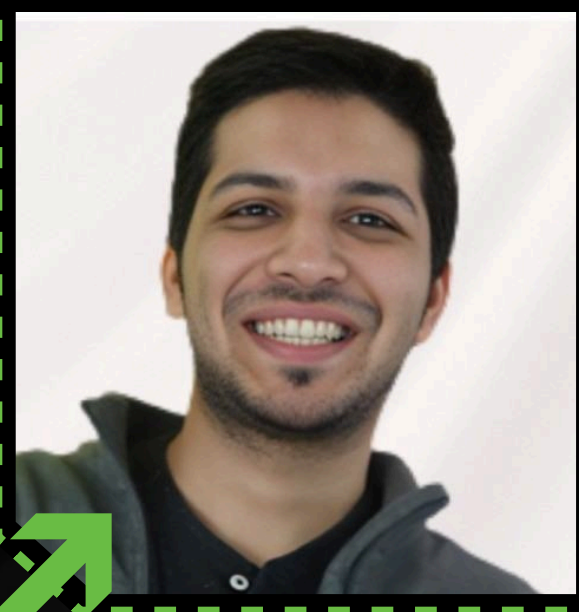
As HEKA's Chief Sporting Officer, he is indeed our "Madness Behind the Method". He has been obsessed with the question of training and performance optimization in various sports for over 20 years and brings with him a large body of academic and applied knowledge in the field. He is also a certified Performance Breathing Coach from an approved provider under the ACE, AFAA and NASM Guidelines.



Aditya Bhide (CEO)

Aditya is a Director at Countryside Adventure Holidays, a luxury adventure and immersive travel company catering to a bespoke foreign and domestic clientele. An MBA by training, he previously worked in the field of applied behavioral sciences for global consumer brands and startups.

He is a talented experience designer whose focus on intensity and "unquantifiable" elements leads to exceptional outcomes. He brings with him a solid capacity for planning, organization and execution, both on and off the field. He is HEKA's point-man for Boot Camps in remote and high-altitude locations and holds a certification in Outdoor Leadership (OLC) from the prestigious Hanifl Centre.



Yohan Tengra (Nutrition & Metabolics)

Yohan is the founder of Biohacking India, a functional medicine consultancy based in Mumbai. He has a B.Sc. in Nutrition and Dietetics as well as a certification in functional medicine from a leading American practitioner, Dr. Bryan Walsh. Yohan is HEKA's "go-to" reference for athletes seeking guidance on nutrition and metabolic optimization. He brings with him an astoundingly deep knowledge and understanding of the scientific literature on these subjects, as well as the practical application of this scientific literature.

Contact Us

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For Bootcamp Enquires contact:

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