



## Performance Report for: <http://inside-performance.com/>

Report generated: Thu, Mar 7, 2024 6:30 PM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>A</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	100%	95%	584ms	0ms	0

### Top Issues

Med	Use explicit width and height on image elements <small>CLS</small>	15 images found
Med-Low	Use a Content Delivery Network (CDN)	43 resources found
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 86ms
Low	Serve static assets with an efficient cache policy	Potential savings of 15.6KB
Low	Avoid an excessive DOM size <small>TBT</small>	386 elements

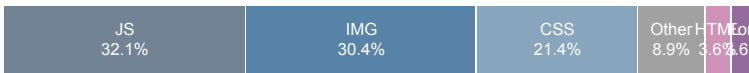
### Page Details



Total Page Size - 0.96MB



Total Page Requests - 56



Legend: HTML JS CSS IMG Video Font Other

### How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

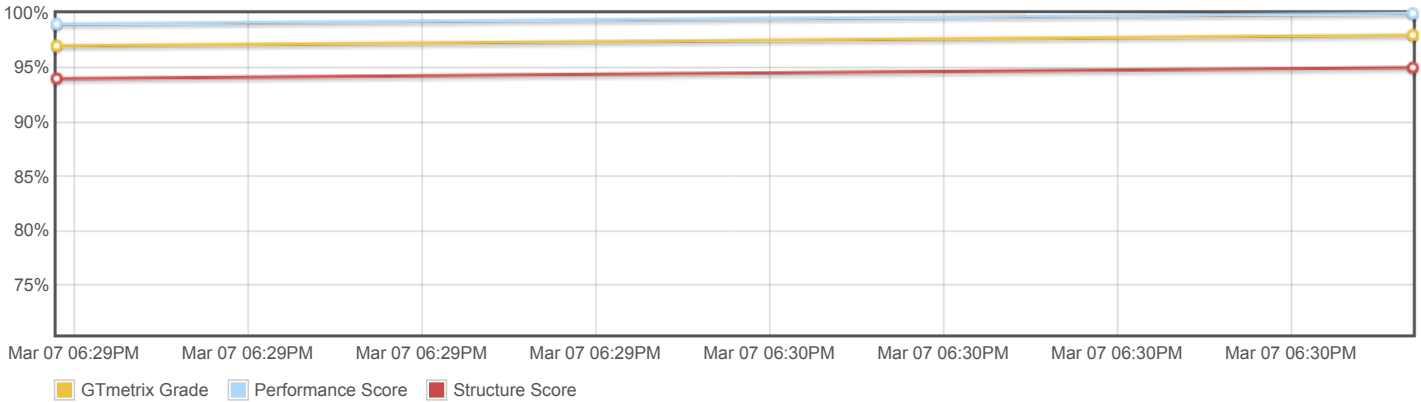
### About GTmetrix

GTmetrix is developed by the good folks at **CARBON60**, a Canadian hosting company with over 28 years experience in web technology.

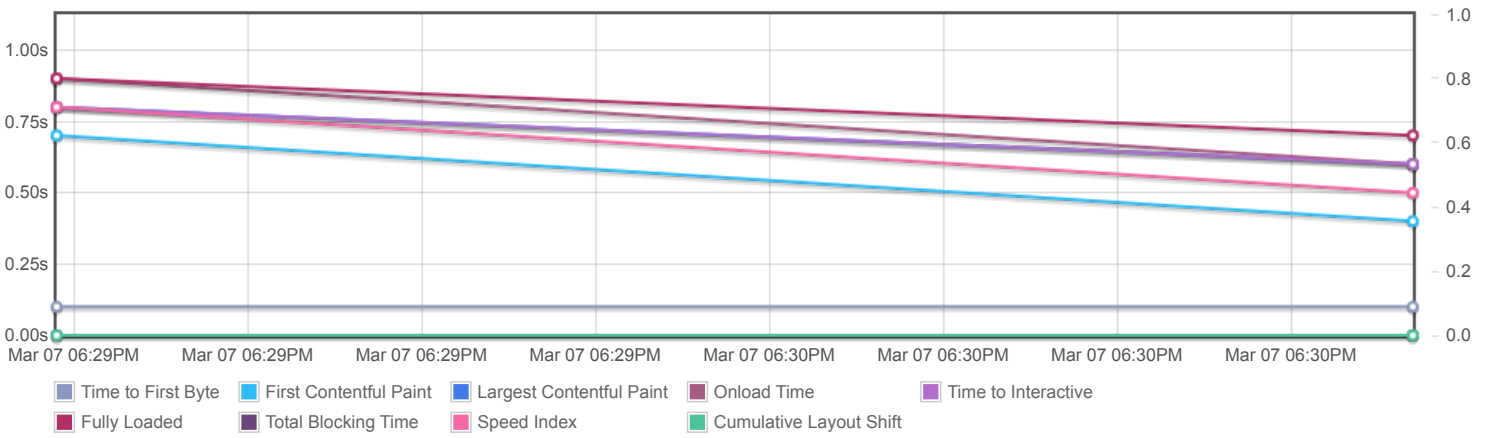


<https://carbon60.com/>

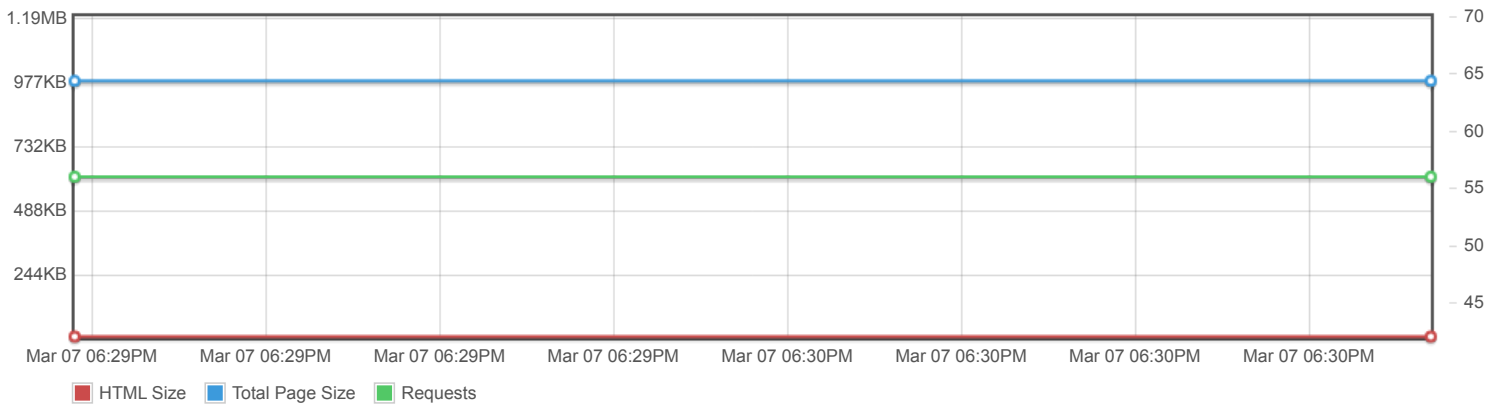
### Page scores



### Page metrics

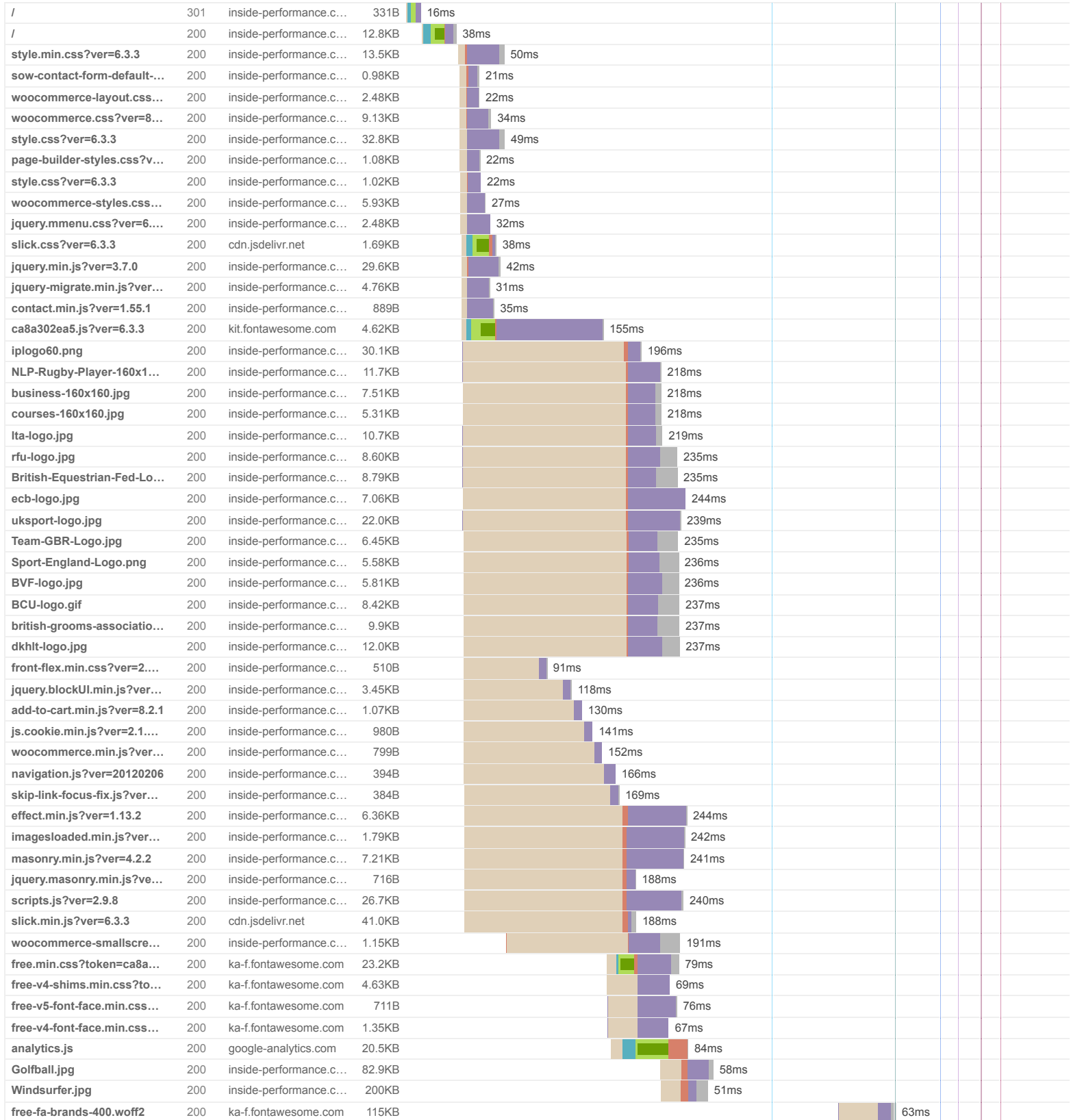


### Page sizes and request counts

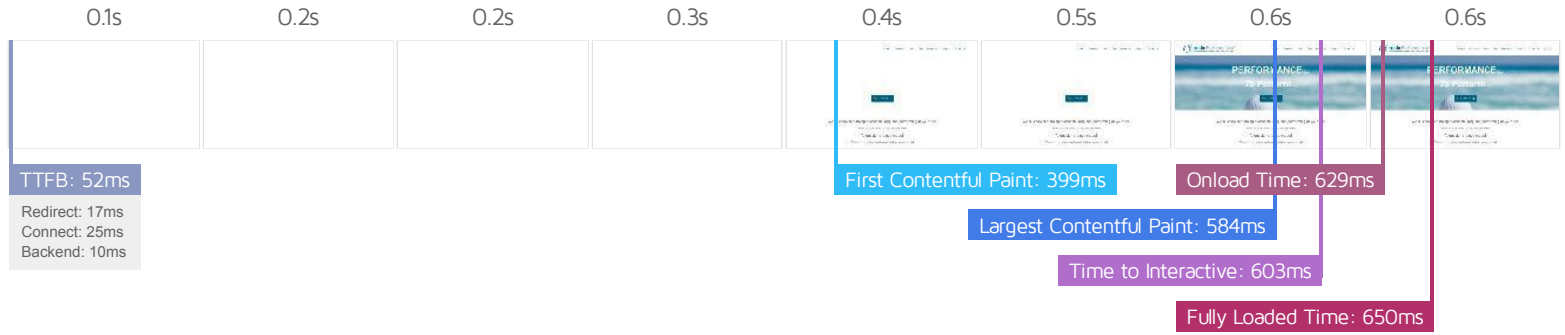


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

## NLP Sports Psychology Training Courses - Inside Performance







### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p><b>399ms</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p><b>603ms</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p><b>493ms</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>0ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p><b>584ms</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0</b></p>

### Browser Timings

Redirect	17ms	Connect	25ms	Backend	10ms
TTFB	52ms	First Paint	399ms	DOM Int.	530ms
DOM Loaded	535ms	Onload	629ms	Fully Loaded	650ms

IMPACT AUDIT

Low

**Enable text compression** FCP LCP

Potential savings of 31.0KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<ul style="list-style-type: none"> <li><a href="https://cdn.jsdelivr.net/jquery.slick/1.6.0/slick.min.js?ver=6.3.3">https://cdn.jsdelivr.net/jquery.slick/1.6.0/slick.min.js?ver=6.3.3</a></li> </ul>	41.0KB	31.0KB

Low

**Avoid enormous network payloads** LCP

Total size was 0.97MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
<a href="https://www.inside-performance.com/wp-content/uploads/2020/01/Windsurfer.jpg">https://www.inside-performance.com/wp-content/uploads/2020/01/Windsurfer.jpg</a>	201KB
<a href="https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-solid-900.woff2">https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-solid-900.woff2</a>	153KB
<a href="https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-brands-400.woff2">https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-brands-400.woff2</a>	115KB
<a href="https://www.inside-performance.com/wp-content/uploads/2020/01/Golfball.jpg">https://www.inside-performance.com/wp-content/uploads/2020/01/Golfball.jpg</a>	83.5KB
<a href="https://cdn.jsdelivr.net/jquery.slick/1.6.0/slick.min.js?ver=6.3.3">https://cdn.jsdelivr.net/jquery.slick/1.6.0/slick.min.js?ver=6.3.3</a>	41.1KB
<a href="https://www.inside-performance.com/wp-content/themes/nayma/style.css?ver=6.3.3">https://www.inside-performance.com/wp-content/themes/nayma/style.css?ver=6.3.3</a>	33.1KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/10/jplogo60.png">https://www.inside-performance.com/wp-content/uploads/2014/10/jplogo60.png</a>	30.4KB
<a href="https://www.inside-performance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.0">https://www.inside-performance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.0</a>	29.9KB
<a href="https://www.inside-performance.com/wp-content/themes/nayma/js/scripts.js?ver=2.9.8">https://www.inside-performance.com/wp-content/themes/nayma/js/scripts.js?ver=2.9.8</a>	27.0KB
<a href="https://ka-f.fontawesome.com/releases/v6.5.1/css/free.min.css?token=ca8a302ea5">https://ka-f.fontawesome.com/releases/v6.5.1/css/free.min.css?token=ca8a302ea5</a>	23.2KB

Low

**Properly size images**

Potential savings of 11.7KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/NLP-Rugby-Player-160x160.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/NLP-Rugby-Player-160x160.jpg</a>	11.7KB	7.12KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/business-160x160.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/business-160x160.jpg</a>	7.51KB	4.57KB

Low

**Avoid multiple page redirects** FCP LCP

Potential savings of 16ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
<a href="http://inside-performance.com/">http://inside-performance.com/</a>	16ms
<a href="https://www.inside-performance.com/">https://www.inside-performance.com/</a>	0ms

Low

**Efficiently encode images**

Potential savings of 29.8KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/ukSPORT-Logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/ukSPORT-Logo.jpg</a>	22.0KB	17.3KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/dkhlt-Logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/dkhlt-Logo.jpg</a>	12.0KB	8.01KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/british-grooms-association.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/british-grooms-association.jpg</a>	9.9KB	4.54KB

Low

**Avoid long main-thread tasks** TBT

2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
<a href="https://www.inside-performance.com/">https://www.inside-performance.com/</a>	277ms	93ms
<a href="https://www.inside-performance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.0">https://www.inside-performance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.0</a>	552ms	50ms

Low

**Reduce JavaScript execution time** TBT

108ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
<a href="https://www.inside-performance.com/">https://www.inside-performance.com/</a>	241ms	32ms	1ms
<a href="https://www.inside-performance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.0">https://www.inside-performance.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.0</a>	124ms	63ms	1ms
Unattributable	124ms	9ms	0ms

Low

**Reduce unused CSS** FCP LCP

Potential savings of 63.9KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://www.inside-performance.com/wp-content/themes/nayma/style.css?ver=6.3.3">https://www.inside-performance.com/wp-content/themes/nayma/style.css?ver=6.3.3</a>	33.1KB	30.2KB
/*! * Font Awesome Free 6.5.1 by @fontawesome - https://fontawesome.com * License - https://fonta...	20.3KB	20.2KB
<a href="https://www.inside-performance.com/wp-includes/css/dist/block-library/style.min.css?ver=6.3.3">https://www.inside-performance.com/wp-includes/css/dist/block-library/style.min.css?ver=6.3.3</a>	13.7KB	13.6KB

Low

**Serve images in next-gen formats**

Potential savings of 148KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.inside-performance.com/wp-content/uploads/2020/01/Windsurfer.jpg">https://www.inside-performance.com/wp-content/uploads/2020/01/Windsurfer.jpg</a>	200KB	54.6KB
<a href="https://www.inside-performance.com/wp-content/uploads/2020/01/Golfball.jpg">https://www.inside-performance.com/wp-content/uploads/2020/01/Golfball.jpg</a>	82.9KB	38.1KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/10/iplogo60.png">https://www.inside-performance.com/wp-content/uploads/2014/10/iplogo60.png</a>	30.1KB	25.0KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/ukSPORT-Logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/ukSPORT-Logo.jpg</a>	22.0KB	19.8KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/dkhlt-Logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/dkhlt-Logo.jpg</a>	12.0KB	10.2KB

Low

**Defer offscreen images**

Potential savings of 35.2KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/lta-logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/lta-logo.jpg</a>	10.7KB	10.7KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/British-Equestrian-Fed-Logo.png">https://www.inside-performance.com/wp-content/uploads/2014/11/British-Equestrian-Fed-Logo.png</a>	8.79KB	8.79KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/rfu-logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/rfu-logo.jpg</a>	8.60KB	8.60KB
<a href="https://www.inside-performance.com/wp-content/uploads/2014/11/ecb-logo.jpg">https://www.inside-performance.com/wp-content/uploads/2014/11/ecb-logo.jpg</a>	7.06KB	7.06KB

**Low** **Minify CSS** FCP LCP Potential savings of 6.93KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• <a href="https://www.inside-performance.com/wp-content/themes/nayma/style.css?ver=6.3.3">https://www.inside-performance.com/wp-content/themes/nayma/style.css?ver=6.3.3</a>	33.1KB	6.93KB

**Low** **Avoid non-composited animations** CLS 1 animated element found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
ul.clients > li.client-profile > div.client-content > img 	
Unsupported CSS Property: visibility	visibility

**Low** **Avoid chaining critical requests** FCP LCP 29 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **535ms**

#### INITIAL NAVIGATION





- <https://www.inside-performance.com/wp-content/themes/nayma/inc/woocommerce-styles.css?ver=6.3.3> 6.02KB, 23ms
- <https://www.inside-performance.com/wp-includes/js/jquery/ui/effect.min.js?ver=1.13.2> 6.48KB, 79ms
- <https://cdn.jsdelivr.net/jquery/slick/1.6.0/slick.min.js?ver=6.3.3> 41.1KB, 22ms
- <https://www.inside-performance.com/wp-content/plugins/siteorigin-panels/css/front-flex.min.css?ver=2.26.2> 636B, 9ms
- <https://kit.fontawesome.com/ca8a302ea5.js?ver=6.3.3> 4.62KB, 151ms
- <https://www.inside-performance.com/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4-wc.8.2.1> 1.01KB, 9ms
- <https://www.inside-performance.com/wp-content/themes/nayma/inc/qi-framework/plugins/page-builder-styles.css?ver=6.3.3> 1.16KB, 18ms
- <https://www.inside-performance.com/wp-content/themes/nayma/js/navigation.js?ver=20120206> 451B, 13ms
- <https://www.inside-performance.com/wp-includes/js/jquery/jquery.masonry.min.js?ver=3.1.2b> 797B, 23ms
- <https://www.inside-performance.com/wp-content/themes/nayma/js/skip-link-focus-fix.js?ver=20130115> 441B, 10ms
- <https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-brands-400.woff2> 115KB, 21ms
- <https://www.inside-performance.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1> 4.88KB, 27ms
- <https://www.inside-performance.com/wp-includes/css/dist/block-library/style.min.css?ver=6.3.3> 13.7KB, 45ms

**Low** **Reduce unused JavaScript** LCP Potential savings of 38.2KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://cdn.jsdelivr.net/jquery/slick/1.6.0/slick.min.js?ver=6.3.3">https://cdn.jsdelivr.net/jquery/slick/1.6.0/slick.min.js?ver=6.3.3</a>	41.1KB	38.2KB

**N/A** **Largest Contentful Paint element** LCP 580 ms

This is the largest contentful element painted within the viewport.

**ELEMENT**

```
PERFORMANCE [Noun] To Perform [Verb] ALL COURSES
<section id="post-5501" class="quadro-mod type-slogan size-regular parallax-back ">
```

PHASE	% OF LCP	TIMING
TTFB	9%	51ms
Load Delay	42%	246ms
Load Time	7%	40ms
Render Delay	42%	245ms

**N/A** **Reduce initial server response time** FCP LCP Root document took 8ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• <a href="https://www.inside-performance.com/">https://www.inside-performance.com/</a>	8ms

N/A

Avoid large layout shifts CLS

3 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Home Courses 1-2-1 Blog About Us Shop Contact Us Skip to content <nav id="site-navigation" class="main-navigation" role="navigation">	0.00
div.header-wrapper > div.bottom-header > div.header-cart > a.header-cart-link <a class="header-cart-link" href="https://www.inside-performance.com/cart/">	0.00
header#masthead > div.header-wrapper > div.bottom-header > div.search-area <div class="search-area">	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 590ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	201ms
Style & Layout	176ms
Script Evaluation	148ms
Parse HTML & CSS	43ms
Rendering	11ms
Script Parsing & Compilation	8ms

N/A

Reduce the impact of third-party code TBT

Total size was 367KB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
<b>FONTAWESOME CDN</b>	303KB	0ms
• <a href="https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-solid-900.woff2">https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-solid-900.woff2</a>	153KB	0ms
• <a href="https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-brands-400.woff2">https://ka-f.fontawesome.com/releases/v6.5.1/webfonts/free-fa-brands-400.woff2</a>	115KB	0ms
• <a href="https://ka-f.fontawesome.com/releases/v6.5.1/css/free.min.css?token=ca8a302ea5">https://ka-f.fontawesome.com/releases/v6.5.1/css/free.min.css?token=ca8a302ea5</a>	23.2KB	0ms
<b>JSDELIVR CDN</b>	43.2KB	0ms
• <a href="https://cdn.jsdelivr.net/jquery.slick/1.6.0/slick.min.js?ver=6.3.3">https://cdn.jsdelivr.net/jquery.slick/1.6.0/slick.min.js?ver=6.3.3</a>	41.1KB	0ms
<b>GOOGLE ANALYTICS</b>	20.8KB	0ms
• <a href="https://www.google-analytics.com/analytics.js">https://www.google-analytics.com/analytics.js</a>	20.8KB	0ms

N/A

**Avoid serving legacy JavaScript to modern browsers** TBT

Nothing to do here, good job!

N/A

**User Timing marks and measures**

No user timings and/or marks found.

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