

Foster + Partners Redesigns Manchester United training complex

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Words and **Photography** Nigel Young and Foster + Partners.



The main lounge on the first floor features a continuous glass façade and an outdoor terrace overlooking the pitches.

Foster + Partners has completed its work to modernize the Manchester United men's first team building at Carrington Training Complex, focusing on creating a high-performance collaborative environment for players and staff. Working closely with Manchester United, the practice has completely rethought the building built in 1999. All areas have been refurbished to deliver a world-class football facility with a positive culture to support future success.

Nigel Dancey, Head of Studio, Foster + Partners, said: "It has been a great privilege to collaborate with Manchester United on this project – reimagining the building that supports and nurtures their iconic team. Every element has been honed to optimize players' health and well-being, emphasizing open plan spaces, natural daylight, and materials. Our design reconfigures the functional spaces – and provides a seamless and intuitive journey through the building – with new state-of-the-art facilities that will aid recovery, preparation, and performance."



A dining area in the centre of the main lounge connects with a state-of-the-art kitchen to support players' nutrition.



The ground floor of the building features new changing areas.

While the building's structure has largely been retained, its envelope has been modified to incorporate large windows and roof lights, which bring natural light directly into the center of the floor plate. Timber paneling contributes to warmth and timelessness, while new integrated MEP systems improve the building's performance, energy efficiency, and user experience.

The design facilitates constant care, monitoring, and support for players.

A separate players' entrance – on the south side of the building – is designed to provide an effortless journey from the car park to the dressing room area. Its expansive glass façade and entrance canopy transform the experience of arrival. The ground floor of the building features a hydration and nutrition space, a gym with an altitude room and hydrotherapy pools, new changing areas, medical suites with MRI and CT scanners, and recovery spaces. A striking spiral staircase takes players to the main lounge on the first floor, which features a continuous glass façade and an outdoor terrace overlooking the pitches. A dining area in the center of the lounge connects with a state-of-the-art kitchen to support players' nutrition. Open plan offices for coaching staff are positioned on the north and south sides of the building, and there is also a briefing room for post-match feedback.

A separate area for media on the upper level includes a conference room for press briefings and a studio for TV and video content.



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A striking spiral staircase takes everyone to the main lounge on the first floor.