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# Training Camp

Altitude Training in Colorado



## Sports:

- Running
- Triathlon
- Cycling basketball
- Swimming
- Football/Soccer/Rugby
- General fitness

## Focus:

- Aerobic training.
- Training barriers.
- Body composition.

## Benefits of altitude training:

- Improved red blood cell count.
- Improved lung function.
- Improved heart function
- Improved blood vessel formation

## Boulder, Colorado

- Accommodation at 1700m altitude.
- Endless nearby useable mountain trails for training/team work/leadership sessions (2500m to 3,000m+).
- Training base for many elite athletes who we can train with and meet as guest program designers, motivators or training partners
- Great running trails, cycling options (road and MTB), gyms (stadium, weights, pools) and water (kayak, open water swimming).
- Programs can be tailored to your requirements, generally we recommend at least 12 days through to 18 days.



Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your Adventure, Expedition, or Event.



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## Activities

The Colorado area has top level facilities that enable us to design a altitude training program that that specifically meets your objectives.

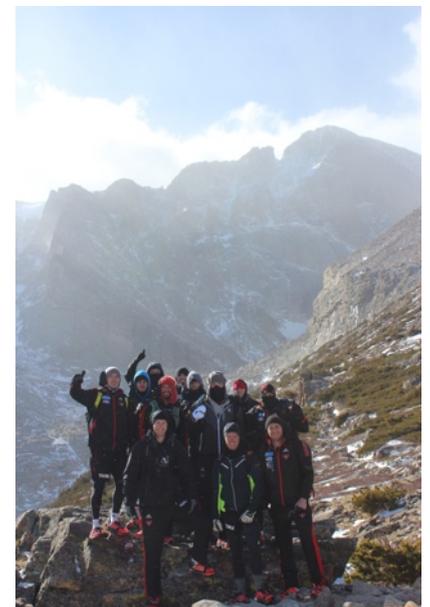
This may include:

- Running (aerobic/track/trail)
- Weights
- Sports Massage
- Sport-specific skills training
- Mountain Hiking
- Cycling
- Swimming

In addition, we have access to a fully equipped medical facility for the full range of performance testing and monitoring.

- We provide you with the energy foods, fruit, and water bottles that you'll need to train through the day.
- Our accommodation provides evening meals tailored to the dietary needs of a high performance athlete.
- In addition we have massages and treatments available to keep your body at its peak.

Sample itineraries available on request.



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## Cycling Trips

- Our altitude cycling camps are ideal to get you ready for your cycling season.
- We've developed a mix of guided and self-guided rides to enable you to enjoy the fantastic surroundings of the Boulder area as well as maximising the benefits of training at altitude.
- These trips can also be adapted for triathlon training with great swim and run options that can be easily incorporated into your itinerary for the trip.

## Running Trips

- Our running camps focus on technique, training and preparation
- With elite runners as your guides and coaches, all of our training runs are undertaken on the most scenic trails around the Boulder area.
- Our camps offer two daily training runs focusing on different aspects of running and training,
- Plus opportunities for one-on-one consultations with elite running coaches to identify your individual areas for improvement and building a plan to take your performance to the next level.

## Sports Camps

- If you're a sports team looking to undertake some pre-season conditioning, then an altitude training camp at Boulder will give you the edge that you're looking for.
- We can work with you to develop a comprehensive program combining skills training, aerobic fitness, and leadership development.
- Pre and post training monitoring can help track the benefits for your team.

Contact us for a sample itinerary for any of these trips or get in touch and we will build an itinerary that matches your requirements.