



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.



Training Camp

Altitude Training in Colorado



Activities

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

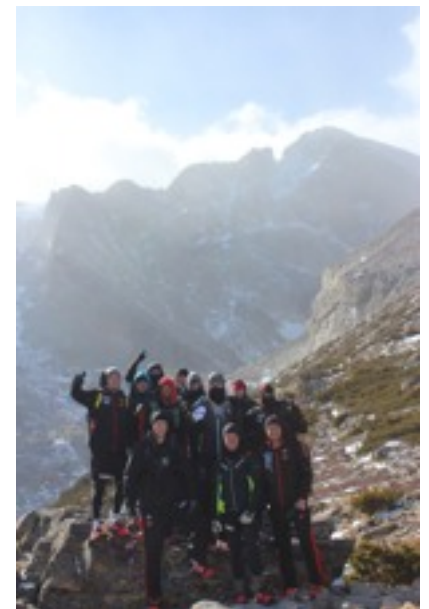
This may include:

- 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.



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.



Training Camp

Altitude Training in Colorado



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.