



Altitude Training at St Moritz

Elite facilities for athletes of all levels

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Summary:

- Located high in the Swiss Alps, the [training facilities at St Moritz](#) were first developed to assist the Swiss Olympic team prepare for the 1968 games in Mexico City.
- Since then, the facilities have continued to develop to bring together the latest in sports science technology and techniques with the dry Alpine climate, an annual average of 322 days of sunshine, and the proven benefits of training at an altitude of 1,856m.
- The Swiss Olympic team still use this facility as its training base, but now athletes of all sports, skill and fitness level can also benefit from this unique facility.

Designing your trip:

- We will work with you to understand your objectives and your requirements, designing an itinerary that delivers the outcomes required as well as a memorable journey for your team.
- To benefit from an altitude training program of this quality, we recommend that you consider an itinerary ranging between 5–14 days.

Logistics:

- Fly to Geneva and then transfer by coach to St Moritz

Accommodation:

- For shorter trips there is a range of hotel and hostel accommodation available – either for single or twin-share occupancy.
- For longer stays we recommend apartment-style accommodation that gives your team more flexibility and space during their training.

Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you're a team, a school, a club, or a group of friends looking for a bespoke experience or the adventure of a lifetime, challenge yourself with Venture!



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Training Options

Track and Field:

- 400m running track (with both rubber and grass surfaces)
- Long jump, high jump and pole vault. Javelin throw, hammer throw, discus throw and shot put.

Running:

- Vast number of running and training tracks along the lakes of the Upper Engadine, through woods and along high routes.
- The 4.3 km long lake lap is popular. The soft jogging track at 2,500 meters above sea level near Corviglia can be used for additional high altitude stimulus.

Weight Training:

- The facility includes weight rooms with strength equipment, free weights, and cardio.

Water:

- Rowing and canoeing plus sailing, windsurfing and kitesurfing on the Silvaplana Lake and the Lake St. Moritz.

Cycling:

- The high mountain valley offers an extensive road network suitable for cycling.

Mountain Biking:

- Wide range of trails of all difficulty levels.

Tennis and squash:

- Tennis and squash centre: seven tennis courts, four of them indoor courts and two squash courts.

Swimming:

- 25m pool plus outdoor pool and spa.

Football:

- Full-size pitch suitable for training and matches.

Other sports:

- Shooting; Inline Skating; Ice hockey, Skating; Bobsleigh; Ski jump; Alpine & Cross Country Skiing; Mountaineering & Climbing; Martial Arts;

Fully Equipped Medical Centre:

- Performance diagnostics using the latest equipment. Physiotherapy and sports medicine support.

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Nuts & Bolts

Arrival Day:

- Your body needs time to adapt to the new conditions. On the day of your arrival, you will already feel the first effects of the altitude.

Hypoxia:

- Air pressure decreases with increasing altitude. As a consequence, breathing frequency as well as tidal volume increase. Medical specialists say that the ideal altitude for training under these conditions is at 1800 meters.

Dryness:

- Another important factor of the increasing altitude is that the air becomes cooler and drier. Drinking sufficiently is very important now.

Acclimatisation:

- Gradually, your body adapts to the high altitude exposure. The acclimatisation phase in St. Moritz at approximately 1800 meters takes about two to four days.
- Make sure you take warm clothes. Even in summer, it can get cold.



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Benefits of altitude training:

- The lack of oxygen at high altitudes forces the human body to adapt to the conditions.
- Primarily affected are breathing, the cardiovascular system and the blood.
- The adaptation process occurs on more than one level: breathing, the cardiovascular system and blood are stimulated in order to supply the body with sufficient oxygen despite the reduced oxygen pressure at high altitude.
- The increase in red blood cells is also of significance. The blood cells also change the way they function and produce more energy in an anaerobic manner, i.e. without the use of atmospheric oxygen.
- For athletes this means that simply spending time at high altitude provides a minor training effect.
- The ideal altitude is between 1,500 and 2,200 m above sea level.
- Training sessions at high altitude have a more intensive effect than those at low levels.

Pre-competition training:

- If you're using altitude training to prepare for a specific event or competition, then getting your timing right is essential.
- Current research suggests that following training at high altitude you will be at your performance peak either within the first two days (of returning to normal altitude) or after waiting for a period of up to 20 days.



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