

# PEABODY

ALTITUDE TRAINING

## TRAIN AT 8,000-18,000 FEET HYPOXIC TRAINING IN A SIMULATED HIGH ALTITUDE ENVIRONMENT



### TRAIN HIGH/SLEEP HIGH

Cutting-edge technology allows us to simulate a high altitude environment up to 18,000 feet.

Our complete training facility offers customized programming for your needs, including options to both “train high” and “sleep high.”

We have the tools for strength training, cardio and endurance workouts, as well as accommodations for sleeping at altitude to aid in acclimatization prior to traveling to high altitude regions.

## MAXIMIZE YOUR TRAINING FOR RACES, MOUNTAINEERING, STRENGTH, AND WEIGHT LOSS

Research shows that training at altitude increases overall fitness, enhances the body’s oxygen transport ability, speeds recovery, reduces the risk of altitude sickness, and maximizes muscle gain and weight loss.

In addition to public hours, our facility is available for rent by athletic training groups and teams. We will work with you to customize a training schedule that suits the needs of your team, and will provide a full overview of the facility and of high altitude training.



## CALL US TO GET STARTED