

# CENTRO DE ALTO RENDIMIENTO EN ALTURA

2600 REASONS TO WIN



The High Performance Centre in Height is an entity managed by Coldeportes, distinguished for its efficiency on the field because their facilities have an excellent maintenance throughout its structure the athletic administration.

The High Performance Centre in Height at the service of all national and foreign sports facilities to enable them to develop their training cycles, with the benefits and advantages of the 2,600 meters that our capital offers.

Sport is an instrument of discipline, for society to prosper and persevere through force of will to fight weakness.

Create in the children the discipline of sport so that they persist in their desires, strength of character not to fall down the face of obstacles and a good deal of clarity that allows them to understand a world where competition is so great. Have a greater chance of success, but who strive and persevere, and have a better future.



Dr. Jairo Clopatofsky Ghisays  
Director of Coldeportes



# LOCATION



- 2,600 METERS ABOVE SEA LEVEL  
Of 9 ° to 19 ° Celsius  
65% RELATIVE HUMIDITY  
32 ACRES

CALLE 63 # 47-06  
BOGOTA - COLOMBIA

20 minutes to  
INTERNATIONAL  
AIRPORT

# PLACES OF INTEREST

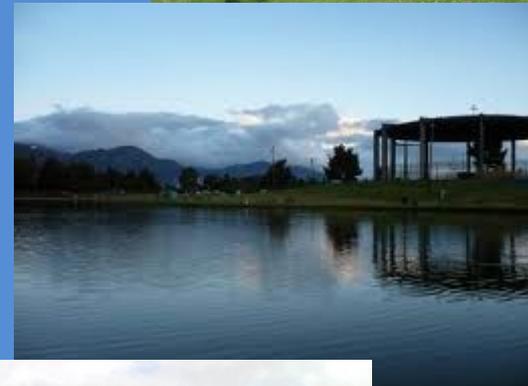
SPORTS COMPLEX

SIMON BOLIVAR PARK  
SPORTS UNIT THE SALITRE  
PALACIO DE LOS  
DEPORTES

PLACES OF INTEREST

VIRGILIO BARCO LIBRARY  
BOTANICAL GARDEN  
LAKE PARK  
RELIGIOUS CENTER OF THE  
NATIONAL POLICE

10 SHOPPING CENTERS







**COLOSSEUM 1**  
**With modular synthetic floor and 10 units for professional tennis table.**



## **COLOSSEUM 2**

**With modular synthetic floor, stage with implementation for volleyball and boxing ring to warm up and practice area.**



### **COLOSSEUM 3**

**Multiple area to practice basketball, volleyball and indoor soccer.**



## **COLOSSEUM 4**

**Equipped with special floors for the practice of JUDO, KARATE DO, FIGHT, TAEKENDO and JUJITSU, also modular synthetic floor for volleyball practice.**



## **COLOSSEUM 5**

**Equipped with all the implementation, floor and equipment for the practice of artistic gymnastics and rhythmic gymnastics.**



## **SOCCER FIELDS**

**9 Soccer Fields**

**4 with regulatory measures and properly demarcated  
5 practice and warm up.**



## **TENNIS CAMPS**

**8 tennis courts on clay, lighted and regulatory measures.**

**A court stadium and bleachers with a capacity for 1,500 people and lighting.**



## **POOL COMPLEX**

**Heated indoor lap pool with 8-lane electronic timing system and lighting.**

**Pool 10 x 17.30 meter indoor pool for children.**

**The pools have dressing rooms and shower areas.**



## **ATHLETICS TRACK**

**Flex-super athletic track model of 400 m, with a basic framework of attachment, center field to throws and jumps areas and steps up to 1200 people.**



**SPECIALIZED UNIT IN FORCE GYM**  
Specialized equipment for cardio, strength, power  
and endurance.



## **RESTAURANT**

**Restaurant equipped industrial kitchen with a capacity for 220 people.**



**CENTRO DE SERVICIOS BIOMEDICOS  
AL DEPORTE**

**SPORTS MEDICINE CENTER**

**Sports medical evaluation**

**Physiology.**

**Nutrition.**

**Psychology.**

**Strengthening.**

**Physiotherapy.**



## **MEDICAL LABORATORY ILAC CERTIFICATION**

**Certificate. the International Laboratory Accreditation  
Cooperation.**

**Analysis and sampling.**

## **THE DOPING CONTROL LABORATORY WADA MEMBER**

**Certified and recognized by the International Olympic  
Committee and World Anti-Doping Agency. The world anti-  
doping agency.**



**WETLAND AREAS AND RECOVERY AREA.  
Jacuzzi, sauna, Turkish bath, massage room and  
Danish shower.**



## Altitude training

Moderate altitude training is a technique commonly used in high-level sports to improve athletic performance. When we talk about moderate altitude we refer to that between 1500-3000 m. This is the recommended altitude to carry out the training because in it there is a sufficient stimulus level with a limited impact on performance, allowing for adequate training and quality.

Physical changes induced by altitude act as a strong stimulus in the athlete's body causing both short-term responses and long-term (adaptation). These changes can be exploited in certain circumstances to improve athletic performance. It should nevertheless be borne in mind that failure to follow certain guidelines or rules of behavior can lead to failure of training or a poor use of the stay at altitude.



## Benefits of high altitude training

- Incorporation of new and varied training stimuli.
- Better use of time. In height, even at rest is training.
- Erythropoietin stimulation.
- Improved muscle capillarization.
- Improvements in the enzymatic machinery and muscle buffer capacity.
- Increased stimulation of the ventilator muscles.
- Increased intensity in short duration events.
- Taking advantage of favorable environmental conditions.
- Living environment more favorable psychological. In places like Sierra Nevada tranquility and beautiful surroundings provide the concentration needed for a good workout and allows a good level of harmony among team members.

## Decalogue of high altitude training

1. Properly schedule the stay: how?, when? where?.
2. Include a previous preparatory work and a subsequent rehabilitation.
3. Is a prerequisite to attend the height in perfect health.
4. Observe the phases of adjustment load on individualizing the role of sport, the time of the season and previous experience of the athlete.
5. Caring for a special nutrition and hydration.
6. Determine the specific act you want to work..
7. Strengthen the recovery.
8. Do some training at intensities "real" works well with short and long remissions or with occasional travel to lower altitudes.
9. Scientifically control the intensity of the training and assimilation of the charges.
10. Take it easy and get advice from specialists



**CENTRO DE ALTO RENDIMIENTO EN ALTURA  
DE  
COLDEPORTES**

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