



ALTITUDE TRAINING PACKAGES



TAKE YOUR TEAM TO THE TOP

with Thredbo Alpine Hotel



Discover Australia's Highest Training Facility

Located in the heart of the Kosciuszko National Park, home of Australia's highest mountain, Thredbo Village immerses your team in an abundance of alpine beauty while offering a range of training facilities, cosy village accommodations and diverse dry land activities.

Thredbo training camps allow a balanced approach to athlete development, removing your team away from the hustle and bustle of city life and into nature where they can clear their mind, focus on productive training whilst building and strengthening team bonds.

The mountains are a truly unique place to take your team to the top with an all-inclusive training camp at the Thredbo Alpine Hotel.

The Thredbo Alpine Hotel team are here to assist you every step of the way

Thredbo NSW 2625

tahfunctions@evt.com

+61 (02) 6459 4184

thredbo.com.au



SEE YOU AT 1,930M

With our summer chairlift turning up to 1,930m, Thredbo offers quick access to alpine trails around Australia's highest mountain, Mt Kosciuszko.

Organise a unique training session at Australia's Highest Restaurant, Eagles Nest. From yoga to aerobic, circuit or TRX training, create a truly unforgettable team experience.

In the village, hold an outdoor training session or friendly footy match on the Village Green. Organise a round of golf on Australia's highest 9 hole golf course or hold an evening round-robin tennis competition on Thredbo's floodlit tennis courts.

"I would always recommend camps to use Thredbo as a premium camp location. Through you guys, it provides everything that a sporting group could ever want."

Brumbies Rugby Union Club

A History of Success

With a record of providing successful camps for international, national and state swim and training teams to senior school sports teams and community groups, Thredbo can deliver to a diverse range of groups.

Our all-inclusive packages offer apartment or hotel accommodation options, all meals, entry to the Thredbo Leisure Centre and access to a series of dynamic and exciting activities across the resort.

Teams can hold varied indoor and outdoor training sessions. The Thredbo Leisure Centre provides state-of-the-art facilities for swim sessions, weight training, basketball, netball, Futsal, touch football, squash and climbing.

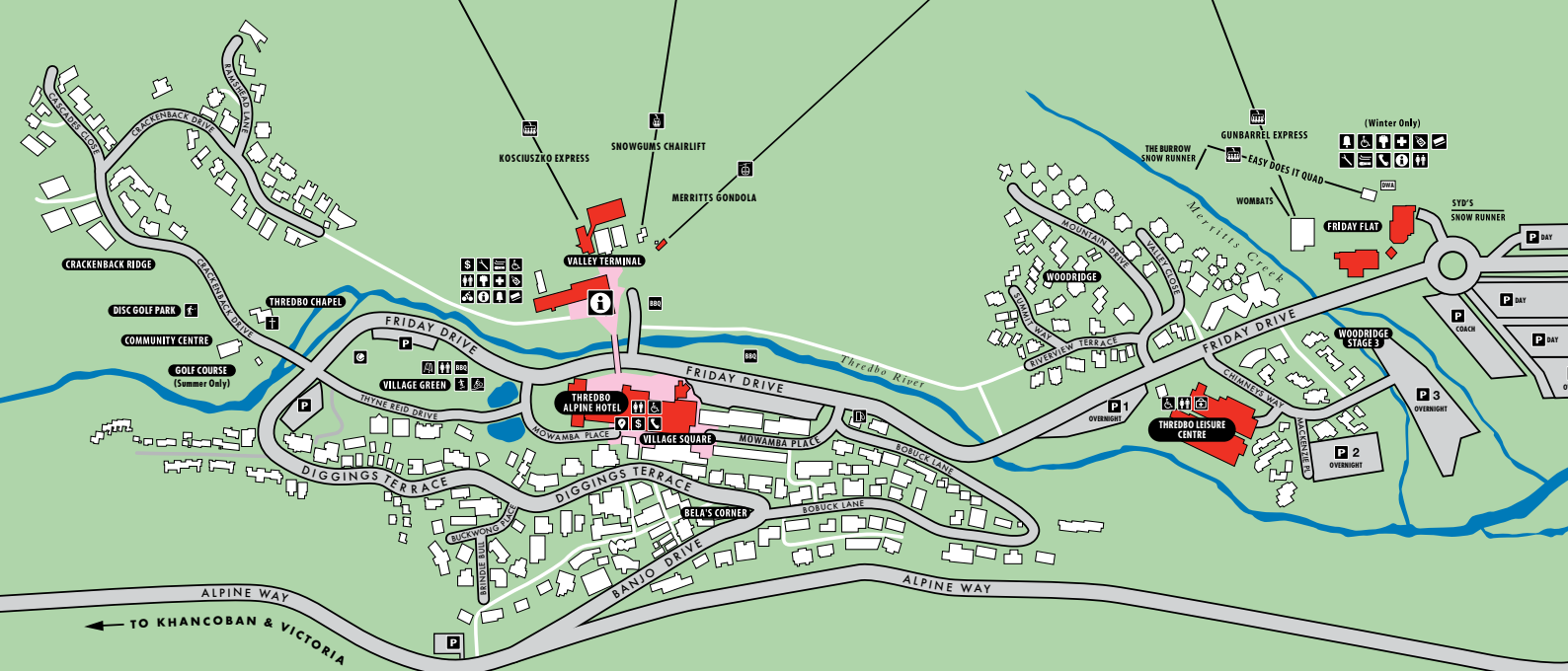
Train on the rooftop of Australia

Take your team's training to new heights at Australia's premier year-round adventure destination.

Our facilities offer the exclusive opportunity to work out at over 1,360m above sea level. Mid altitude training is thought to have numerous benefits including increasing endurance, performance and strength.



VILLAGE GUIDE



FACILITIES



Thredbo Leisure Centre

Originally opened as an AIS affiliated training centre, Thredbo Leisure Centre is a multipurpose training facility open all year round.

Athletes can swim in the 25m or 50m pool, work out in the gym, play squash, complete team building challenges in the Sports Hall or climb the traverse wall.

EQUIPMENT ON OFFER

- Strength Training
- Pin Loaded
- Free Weights
- Cardio
- Boxing
- TRX Suspension

"Thanks so much for all of your efforts... our swimmers had the best time....most telling me it was the best ever....and some have been at least six times before..."

Rackley Hibiscus Swim Club

Social Sport Package

Designed for community, school groups or friendly-first teams, this package is about strengthening team bonds, training in a fun environment and creating an unforgettable escape.

Package includes:

- Accommodation in the Thredbo Alpine Hotel
- Breakfast, lunch and 2-course dinner from the Sports Group menu in the Hotel complex
- Daily access to Thredbo Leisure Centre
- 2 x 2 hr access to the indoor pool, unlimited access to the gymnasium, indoor sports hall including the climbing wall and use of the Village Green playing fields.

Starting from \$155.00 per person twin share and \$195.00 per person single share.

Elite Sport Package

Your team will take training to new heights with the Elite Sports Package. Designed for teams and individual athletes looking to maximise their training.

Package includes:

- Accommodation in the Thredbo Alpine Hotel
- Breakfast, lunch and 3-course dinner from the Sports Group menu in the Hotel complex
- Daily access to Thredbo Leisure Centre
- 2 x 2 hr access to the indoor pool, unlimited access to the gymnasium, indoor sports hall including the climbing wall and use of the Village Green playing fields.

Starting from \$169.00 per person twin share and \$216.00 per person single share.



DISCOVER A WORLD OF ALPINE ADVENTURE

with Thredbo Alpine Hotel



On Australia's Highest Mountain and Australia's premier year-round destination, discover a world of alpine adventure. From sun-soaked alpine summers to winter wonderlands full of snow activities, every season brings a wealth of unique experiences to get your team out and about in Mother Nature.

Speak to our team about how we can tailor activities to your suit your needs when preparing your Thredbo Sports package.



HIKING

Hike unique alpine trails. Walk to the top of Mt. Kosciuszko or gather the team for an advanced day hike across the Australian Main Range.



TRAIL RUNNING

Whether it's an early morning run or a daily challenge, there are plenty of alpine trails to get the blood pumping through mid to high altitude zones.



YOGA

Invigorate with a Hatha routine or have a deep restorative Yin session with local yoga instructors who can tailor your session to suit the needs of your athletes.



CLIMBING AND ABSEILING

Scale the giant granite boulders of Australia's high country for a dynamic team building and training activity that will challenge your team in more ways than one.

ACCOMMODATION



Thredbo Alpine Hotel

The Thredbo Alpine Hotel is located in the heart of Thredbo Village, just metres from the base of the Kosciuszko Express Chairlift. This is a historic property with an alluring sense of alpine culture – it has great character, charm and warmth. Offering Single, Twin and Triple share options, the rooms are comfortable and cosy.

ACCOMMODATION FEATURES

- Sauna
- WiFi
- Guest Laundry
- Complimentary Movies
- On-site Parking
- 24 Hour Reception
- Room Service
- In-House Massage
- Fireplaces



Thredbo Alpine Apartments

Thredbo Alpine Apartments offering fully self-contained one, two and three bedroom apartments. Each apartment has everything you need for a self-catered stay, including full kitchen and living room with TV. Most Thredbo Alpine Apartments have balconies with superb mountain views with each apartment providing on-site parking.

ACCOMMODATION FEATURES

- Sauna*
- WiFi
- Guest Laundry
- On-site Parking
- 24 Hour Reception*
- In-House Massage*

*Located in the Thredbo Alpine Hotel





SAMPLE ITINERARIES

5 Day Performance Triathlon Training Squad Itinerary

Day 1

12:00	Arrive Thredbo Alpine Hotel and check-in
14:00	Run - Option 1 - Dead Horse Gap to Hill Top to Dead Horse (10km) Run - Option 2 - Dead Horse Gap to Cascade Hut to Dead Horse Gap (19km)
17:00	Swim - 2x50m lanes booked and then Mission Inflatable
19:00	Dinner

Day 2

13:00	Ride - 3 hrs Steady Tempo - Thredbo to Jindabyne to Thredbo
17:00	Swim - 2x50m lanes booked
19:00	Dinner

Day 3

07:00	Breakfast
09:00	Ride - Iconic ride to Charlotte Pass and back Option 1 - Thredbo to Charlotte Pass to Thredbo (180km - approx 7.5hrs) Option 2 - Jindabyne to Charlotte Pass to Thredbo (105km) Option 3 - Jindabyne to Charlotte Pass to Jindabyne (73km)
15:00	Lunch - Packed Lunch
17:30	Swim - 2x50m lanes booked and then Mission Inflatable
20:00	Dinner

Day 4

07:00	Breakfast
08:00	Ride - Shorter but harder - Starts with a hill climb Option 1 - Thredbo to Guthega Turnoff to Thredbo (106km) Option 2 - Thredbo to Bottom of Dead Horse Gap to Thredbo (45km) Epic Option 3 - Thredbo to Khancoban to Thredbo (150km with 3500m climbing)
14:00	Run off bike - 5km or as far as you like around Thredbo Village
15:00	Lunch - Packed Lunch
17:30	Swim - 2x50m lanes booked and then waterslide
20:00	Dinner

Day 5

07:00	Breakfast
08:00	Check-out Thredbo Alpine Hotel and head down to Jindabyne
09:00	Ride - Undulating ride with 2 options - Tempo group and Recovery/cruise group Jindabyne to Dalgety to Berridale to Jindabyne (80km)
14:00	Swim in Lake Jindabyne to cool off
15:00	Depart for home

4 Day School Swim Squad Itinerary

Day 1

14:00	Arrival and check-in
16:30 - 18:30	Pool session
19:00	Dinner - Bistro

Day 2.

06:00 - 08:00	Pool session
08:30	Breakfast - Cascades
09:30 - 15:30	Kosciuszko Summit Walk - packed lunch
16:30 - 18:30	Pool session
19:00	Dinner - Bistro
20:00	Team Meeting in Townsend room

Day 3

06:00 - 08:00	Pool session
08:30	Breakfast - Cascades
11:00 - 12:00	Stretch session
12:30	Lunch - Bistro
13:00 - 16:00	Golf or Tennis or Bobsled
16:30 - 18:30	Pool session
19:00	Dinner - Bistro

Day 4.

06:00 - 08:00	Pool session
08:30	Breakfast - Cascades
11:00 - 14:00	Lake activities - packed lunch



10 Day Performance Swim Squad Itinerary

Day 1

12:30	Lunch, BYO or buy en-route
15:30	Thredbo Alpine Hotel
17:00 - 19:00	Thredbo Alpine Training Centre
20:00	Dinner
21:00	Activity
22:00	Bed

Day 2/3/4/5

08:30	Breakfast
09:30 - 12:30	Activation/Swim/Stretch
13:00	Lunch
14:00 - 16:30	Walk
17:30 - 19:30	Activation/Swim
20:30	Dinner
21:00	Activity
22:00	Bed

Day 6

06:00	Swim/Stretch
08:30	Breakfast
10:00 - 11:00	Gym
13:00	Lunch
14:00 - 15:00	Bobsled
16:30 - 19:30	Activation/Swim/Stretch
20:00	Dinner
21:00	Activity
22:00	Bed

Day 7

06:00	Swim/Stretch
08:30	Breakfast
10:00 - 11:00	Gym
13:00	Lunch
14:00 - 16:00	Tennis
16:30 - 19:30	Activation/Swim/Stretch
20:00	Dinner
21:00	Activity
22:00	Bed

Day 8

06:00	Swim/Stretch
08:30	Breakfast
10:00 - 15:30	Kosciusko Walk
16:30 - 19:30	Activation/Swim/Stretch
20:00	Dinner
21:00	Activity
22:00	Bed

Day 9

06:00	Swim/Stretch
08:30	Breakfast
10:00 - 11:00	Gym
13:00	Lunch
16:30 - 19:30	Activation/Swim/Stretch
20:00	Dinner
21:00	Activity

Day 10

06:00	Swim
08:00	Breakfast
08:30	Depart Thredbo
11:30	Rafting Mitta Mitta River
14:30	Depart to Melbourne
16:00	Arrive Home



THREDBO

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