

SAL Altitude Training Camp Requirements



Background

- ❑ Altitude training can yield small variable performance and physiological improvements
- ❑ Domestic options: lower level altitude training (eg. Thredbo); Live High, Train Low - altitude house, altitude tents, hypoxic breathing devices
- ❑ International options: Live High - Train High (eg. Flagstaff, AZ, USA); Live High – Train Low (eg. Doha, Japan)
- ❑ Requires planning with repeated exposure for maximal benefit
- ❑ If any underage swimmers are to be involved in any proposed altitude intervention, parental consent must be obtained prior to departure or starting any protocols
- ❑ If any female athletes are involved in a camp, a female chaperone is also required on staff (refer SAL Safe Sport Framework)

Pre-camp testing (21→7 days prior to departure)

- ❑ Medical clearance for any athlete with history or recent neurological/pulmonary issues
- ❑ Hb_{mass} re-breathing test (in lab) to determine baseline status
- ❑ Blood test to determine iron status (with doctor)
 - Commence iron supplementation if medically prescribed
- ❑ Body composition – skinfolds/DXA
- ❑ 5 x 200 m step test to assess aerobic fitness
- ❑ All training details logged (volume/intensity/sleep/wellness - at least one full month prior via AMS)
- ❑ A significant injury, illness or missed training could be an exclusion factor
- ❑ Basic education and briefings provided to swimmer, coach and staff
- ❑ Ensure athletes travel and go into the camp “fresh” and not lethargic

During the altitude camp

- ❑ A physiologist must be in attendance during all SAL funded altitude camps.
- ❑ Iron supplementation continued if medically prescribed
- ❑ Continue to monitor and record training details: volume, intensity, RPE, on the AMS
- ❑ Daily well-being to be recorded including sleep monitoring using either the short or long version of the wellness report or any smartwatch application on the AMS
- ❑ Hydration status (U_{SG}) and any other monitoring regularly undertaken in the home environment eg. Heart Rate Variability (HRV)
- ❑ Don't elevate training volume above what is “normal” whilst at altitude
- ❑ When competing immediately after altitude training, an aggressive reduction in training volume may be required
- ❑ A reduction in volume when concluding the camp is required even when not competing immediately post altitude to freshen up for the subsequent block of sea-level training during which the athlete can take advantage of positive adaptations conferred by the period of altitude. Adopting this strategy may help athletes avoid the usual period of feeling “flat” after an altitude block of training.

Post-camp home program testing (3 → 7 days after return)

- ❑ In Australia within 7 days of return
- ❑ Hb_{mass} rebreathing test in lab to assess change in physiological status
- ❑ Iron status to be reviewed for those that underwent prolonged altitude exposure
- ❑ Body composition – skinfolds/DXA
- ❑ 5 x 200 m step test for aerobic fitness
- ❑ Training details (all sessions to AMS)
- ❑ Feedback and review of outcomes and processes