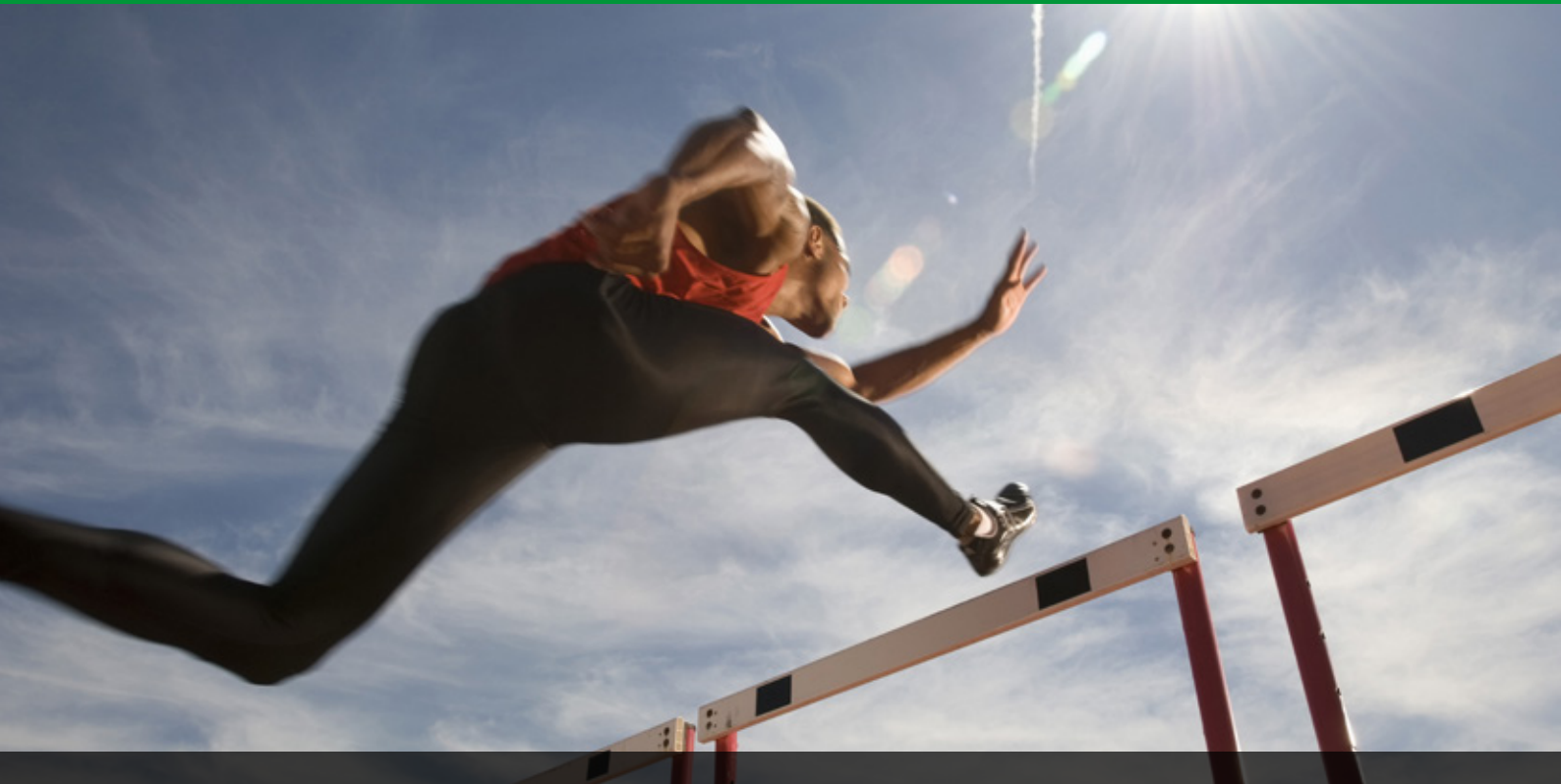




GLORIA SPORTS ARENA

TRACK & FIELD

GLORIA  
SPORTS ARENA  
ANTALYA · TURKEY



## track & field

IAAF approved athletic fields and equipment for all track & field events with competition timing system.

### Training Areas

- Track & Field areas are certified as Class 2 by IAAF
- 8-lane 400 meter oval track with an IAAF certified surface
- 4-lane 110 meter indoor running track with 10 meters split times measurement system
- 1,7 km natural running trail surrounding the premises
- 3 outdoor pits for long and triple jump
- 1 indoor pit for long and triple jump
- 2 hammer and discus cages
- 8 shot put areas
- 3 javelin throw runways
- 2 high jump and 2 pole vaulting mats
- 1,5 & 2,5 degrees incline running track
- 1,7 km outdoor natural running trail
- Stair climbing areas with various heights
- 2000m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices

- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls, etc.)
- Studios for Mat and Group training

### Track & Field Specific Equipment

- Javelin, discus, shot put and hammer sets
- 100 height & counterweight adjustable hurdles
- Speed sacs
- California speed sleds
- Training equipment (cones, slalom sets, hurdles, agility ladders, etc.)
- Vertimax vertical jump and speed training device
- Photo finish system with wind speed detection
- Portable time measurement system

### quick info

Gloria Sports Arena is a modern sports complex with indoor, outdoor and aquatic sports facilities. It is built on 105 000 m<sup>2</sup> (10.5 hectare area) in Belek-Antalya-Turkey, where over 50 different sports disciplines and camps will be hosted. Facilities are equipped and built by using the most modern technological developments in sports.

Gloria Sports Arena is situated in Belek-Antalya-Turkey and is 30 minutes away from Antalya International Airport. Gloria Sports Arena is connected with Gloria Hotels & Resorts (Gloria Golf Resort, Gloria Verde Resort, Gloria Serenity Resort) in 5 km distance. (Free shuttle available)

Gloria Sports Arena offers professional service for individual athletes, teams and groups:

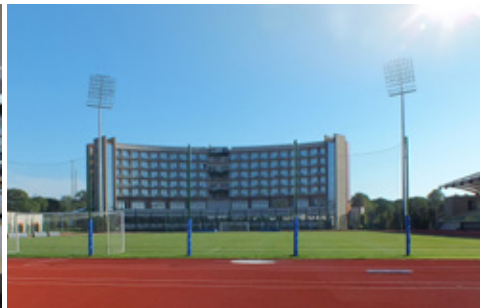
National Teams, Clubs, Sport Groups, Amateur Athletes, Professional Athletes, All Season Training Camps, Summer School Camps, Tournaments, Events, Congresses, Conventions and Conferences



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### Track & Field Specific Tests and Training Opportunities

- 30 m sprint analysis with OPTOJUMP system to analyze various phases
- 2D & 3D Motion analyses for jumping and throwing techniques
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Body Composition with gold standard BODPOD

- Jump tests with OPTOJUMP system
- Gait Analysis
- HYDROWORX for post injury training and conditioning
- 3D Posture and Spine Analysis
- Footscan test for foot pathologies
- Agility tests and trainings with SPEEDCOURT
- Anthropometric tests
- Track & Field specific test protocols for all age groups

### Recovery Opportunities

- Whole body cryotherapy -110°C Icelab (3-chamber)– Zimmer MedizinSysteme
- Hydroworx – Underwater Treadmill
- Steam Bath & Sauna, Cave Sauna
- Pre-Post Activity Massage

### Medical Utilities

- Color Doppler Ultrasound for diagnosis of musculoskeletal system pathologies
- 3 therapy rooms fully equipped with Zimmer MedizinSysteme's newest line of all physical therapy products including high energy laser
- Isomed 2000 isokinetic system and Technobody Prokin for strength, proprioception and balance exercises
- Medically approved Technogym Selection Med series equipment
- Additional 3 manual physical therapy tables
- Platelet Rich Plasma and other specific injections



Belek mah. Turizm cad. Serik – Antalya  
Tel :0 242 710 50 00 Fax: 0 242 710 50 10

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