

VICTORY STARTS  
HERE!



O U T D O O R S P O R T S  
**OUTDOOR SPORTS**

The 35 000 m<sup>2</sup> outdoor facilities include a stadium for 1700 spectators and various sports fields.





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OUTDOOR SPORTS  
**FOOTBALL**



Two football fields: One stadium field with a spectator's capacity of 1.700 people and one training field. Two more football training fields are also available at the Gloria Football Center, 5 minutes away from Gloria Sports Arena with free shuttle service. Football fields are built according to FIFA standards.

### Training Areas

- 105 x 65 m stadium field with a spectator's capacity of 1.700 people
- 100 x 65 m training field
- 2000 m<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)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

### Soccer Specific Equipment

- Training goals, mini goals
- Free kick sets
- Training equipment (cones, slalom sets, hurdles, agility ladders, sprint sleds etc.)
- Vertimax vertical jump and speed training device

### Soccer Specific Tests and Training Opportunities

- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Jump tests with OPTOJUMP system
- Motion analyses with 2D & 3D video analyses systems
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 3D Posture and Spine analyses
- Footscan test for foot pathologies
- Gait Analysis with high speed cameras
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Soccer specific test protocols for all age groups