



BOND UNIVERSITY HIGH PERFORMANCE TRAINING CENTRE

The Bond University High Performance Training Centre (HPTC) provides award-winning strength and conditioning facilities, supporting the Faculty of Health Sciences & Medicine's teaching and research programs, as well as elite sporting organisations that require access to a high-end training and recovery facility.

The HPTC has been awarded a 2017 - 2020 Strength of America Award for its world-class strength and conditioning standards, being the only centre in Australia to receive this prestigious accolade, which is jointly awarded by the US National Strength & Conditioning Association (NSCA) and the President's Council on Fitness, Sports, and Nutrition.

GYM

- 560m² strength and conditioning gym and training facility
- Hammer strength and iron edge equipment (eight lifting platforms)
- 185m² change room and bathroom facilities

POOL

- Four lanes x 25m heated indoor pool
- Lanes 1 and 2 are standard FINA depth
- Lanes 4 and 5 have four flat platforms for rehab at approximately 5m intervals from 1.35m at shallow end, to 2m at the deep end

CHAMBER

- Hypoxic only (heat and humidity)
- 60m² - fits 10 people
- Two treadmills, three watt bikes and four rowing machines

OUTDOOR TRAINING SURFACE

- Field dimensions 65m x 26m

RECOVERY POOLS

- Pool 1: Cold walk-through, 15m x 1.5m x 1.35m, run at 14 degrees Celsius
- Pool 2: Cold Plunge, 7m x 1.5m x 2m, run at 14 degrees Celsius
- Pool 3: Warm Spa, 7m x 1.5m x 2m, run at 38 degrees Celsius
- Plunge and spa pool temperatures can be adjusted with 48 hours' notice

OTHER FACILITIES

- Sauna and steam rooms
- Conference facilities and meeting rooms with audio-visual equipment
- Kitchen, breakout spaces and private outdoor BBQ

For more information or to make a booking, contact Glenn Corcoran, High Performance Training Centre Manager at gcorcora@bond.edu.au or call 07 5595 5805.