

TRAINING & FITNESS FACILITIES



THE  
JOHNSTOWN  
ESTATE ★★★★  
HOTEL & SPA



WHERE WINNING IS OUR GOAL





# TRAINING PITCHES AT THE JOHNSTOWN ESTATE

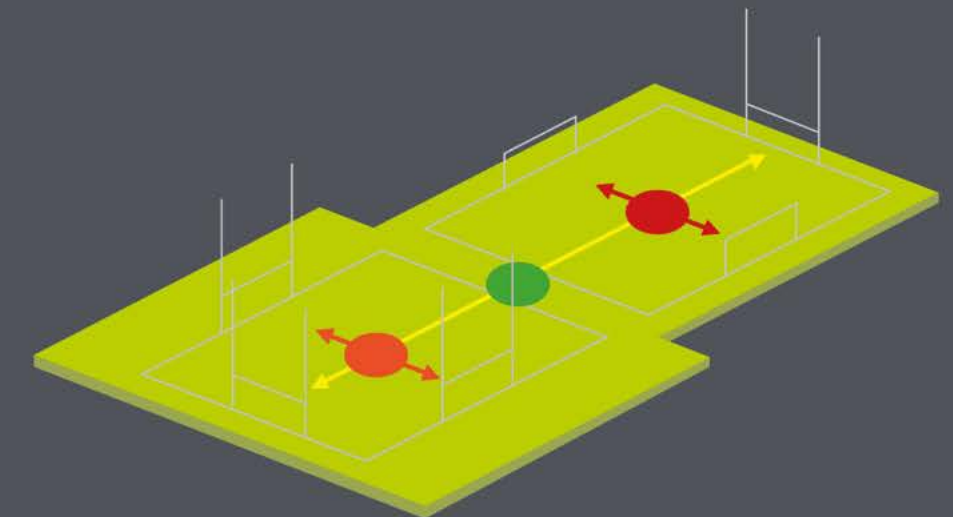
## PERFECT PITCHES ALL YEAR ROUND

All-weather grass training pitches have been specifically designed to meet the needs of teams.

Due to the sand based surface and 25km of drainage lines underneath, the pitch has super efficient drainage 12 months of the year.

Pitches are contained in the private grounds of the hotel and are meticulously maintained by our team of professional grounds staff.

Rugby Pitch Playing Area	100M X 70M
Soccer Pitch Playing Area	100M X 70M
GAA Pitch Playing Area	145M X 90M



### SOCCER

- Full size soccer pitch (100m x 70m)
- Portable aluminium goal posts
- Cones
- Physiotherapy room
- Indoor gym
- Weights and stretching room
- Audio visual meeting rooms
- Games room

### GAA

- Full size GAA pitch (145m x 90m)
- 1 set of fixed aluminium goals
- Cones
- Physiotherapy room
- Indoor gym
- Weights and stretching room
- Audio visual meeting rooms
- Games room

### RUGBY

- Full size rugby pitch (100m x 70m)
- Tackle bags
- Physiotherapy room
- Weights and stretching room
- Games room
- Rhino Scrum machine
- 2 sets of fixed rugby posts
- Indoor gym
- Audio visual meeting rooms



# TRAINING FACILITIES AT THE JOHNSTOWN ESTATE



## GYM FULLY EQUIPPED STRENGTH & CONDITIONING GYM

Our high performance gym at The Johnstown Estate offers teams top facilities and equipment to ensure players reach their full physical peak during their stay.

## POOL

Our leisure centre also contains the latest state-of-the-art fitness equipment along with a 20m pool, sauna and steam room.

## CARDIOVASCULAR EQUIPMENT

We also have a large range of cardiovascular equipment in the gym:

- 5 decline bikes with TV screen
- 5 incline bikes with TV screen
- 6 cross trainers with TV screen
- 3 striders with TV screen
- 2 steppers with TV screen
- 10 treadmills with TV screen
- 11 high performance spin bikes

## SPORTS FACILITIES

We have an extensive range of strength & conditioning equipment available at the gym

## FULL STUDIO FACILITIES

- 10 TRX stations
- 20 steps
- 20 mats
- 1 full body pump set
- Full kettle bell set
- 12 mini paralettes
- 11 spin bikes
- 1 prowler





## NUTRITION & DINING OPTIONS

Our team of chefs are fully experienced in the area of food and sports nutrition.

From creating a custom team menu to working with your team nutritionists we can meet any of your requirements.

Special attention is catered for in the preparation of our food to accommodate people with allergies or specific dietary requirements.

At a Glance

- Bespoke menus - menus will be tailored to suit individual team requirements
- Private dining rooms available
- Healthy snack table
- Our Ready To Go Nutritional Options



## ACCOMMODATION FOR TEAMS

### BEDROOMS

With 126 bedrooms & suites you can choose from our:

- Deluxe Double / Twin Rooms
- One bedroom suites

The Deluxe Double / Twin Rooms offer:

- A King Bed or Two Single Beds
- Spacious Bathrooms with a separate Bath & Shower
- Tea & Coffee making facilities
- Hairdryer, Iron & Ironing Board
- Complimentary Wifi
- 49" High Definition LED TV's with over 50 channels

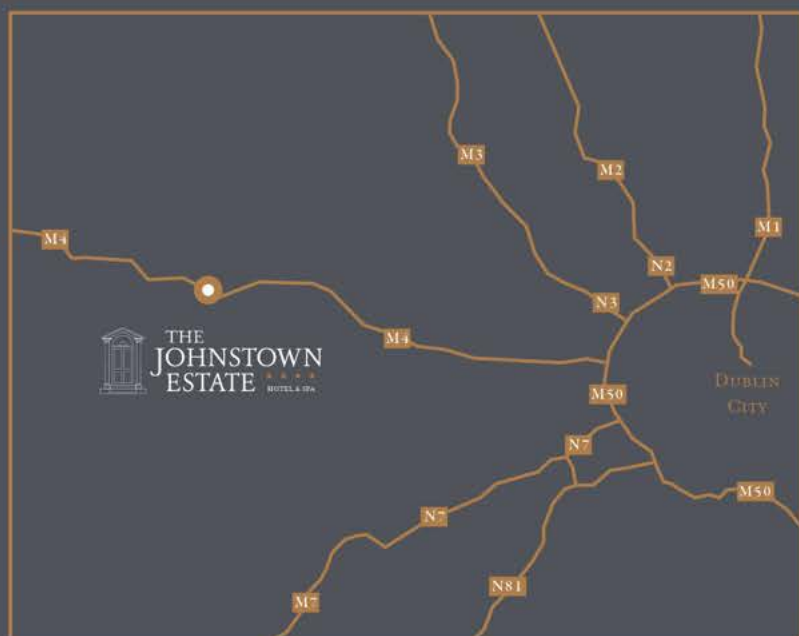


### THE LODGES

- Each lodge consists of 1000sq ft of accommodation over two floors ideal for training camps.
- Centrally located to the hotel and pitch which means you are never far from our training facilities
- Choice of either two double bedrooms or a double bedroom and a twin bedroom per duplex
- Rooms fitted with workstations
- Spacious wardrobes







## Our Location

The Johnstown Estate to Dublin City Centre	44km
The Johnstown Estate to Dublin Airport	50km
The Johnstown Estate to Aviva Stadium	47km
The Johnstown Estate to Croke Park	47km
The Johnstown Estate to RDS	60km



Enfield, Co. Meath  
T: +353 46 954 0000  
E: [sports@thejohnstownestate.com](mailto:sports@thejohnstownestate.com)  
[www.thejohnstownestate.com](http://www.thejohnstownestate.com)

