

Hypoxia Training

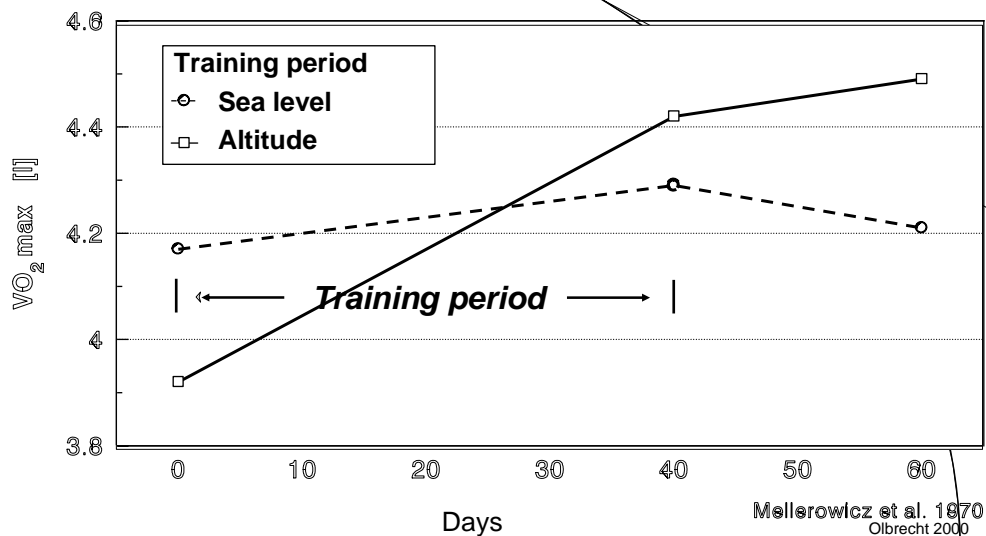
≠ Breath Control

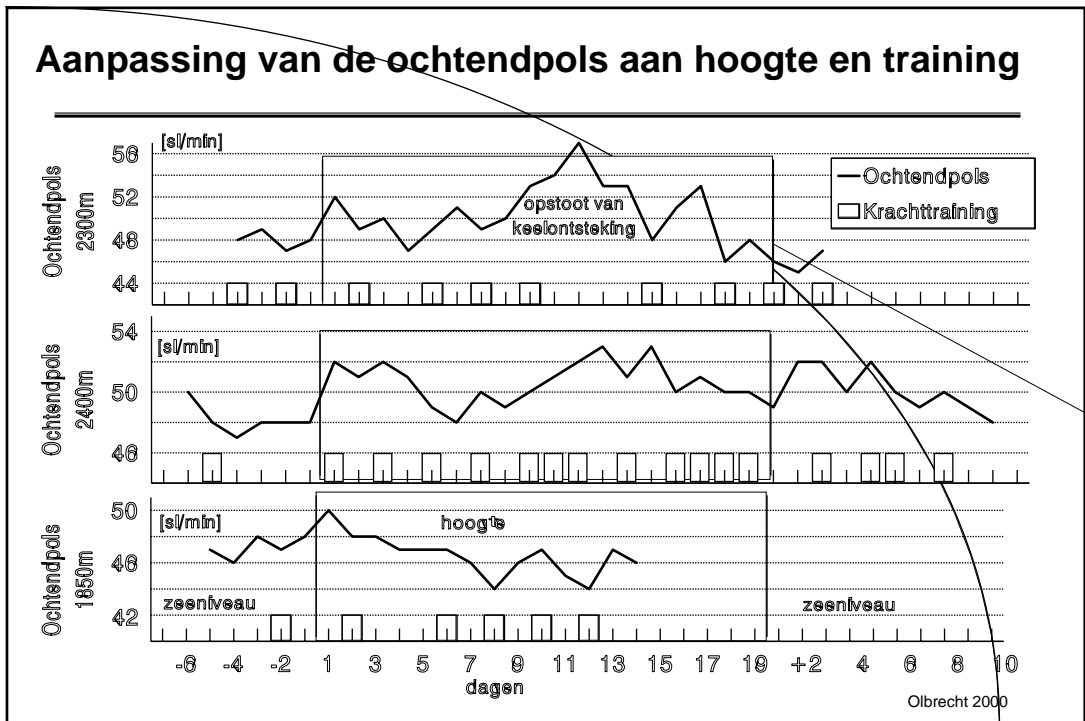
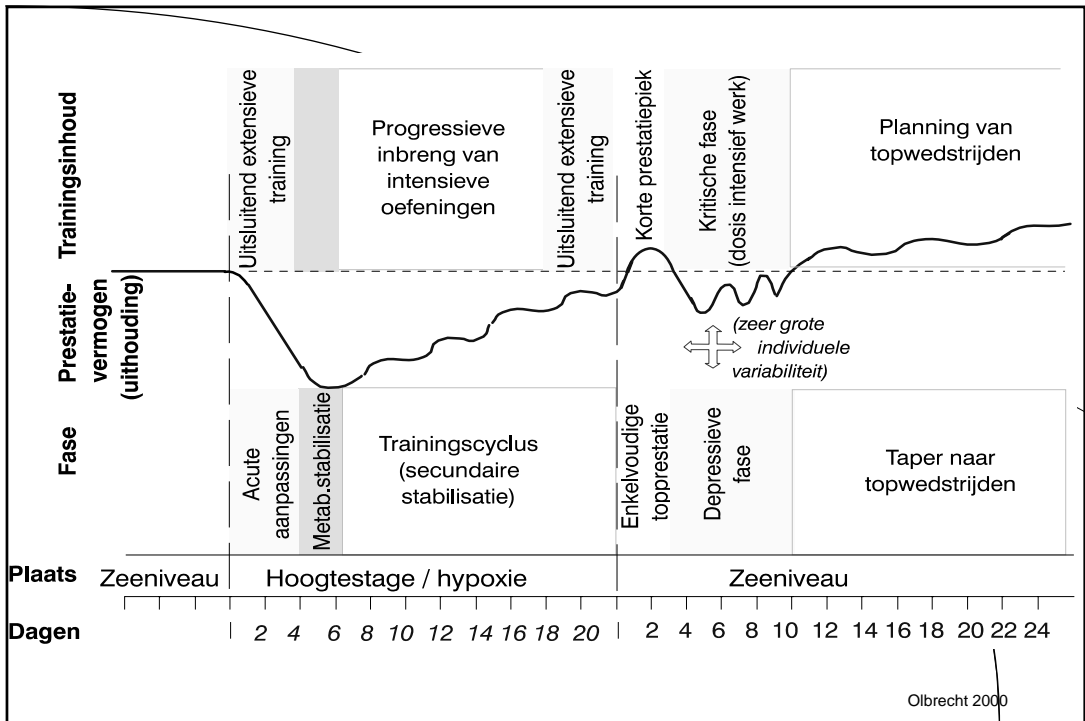
Types

- **Altitude** (positive environment)
- **Baro-chamber** (att.: stress, limited room)
- **Gas-mixture**
- **Mask** (increase CO₂)

Olbrecht 2000

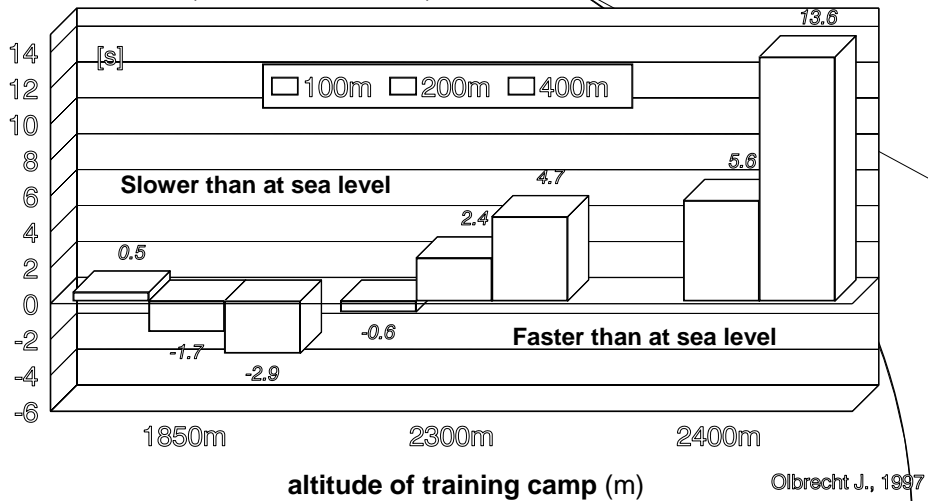
Changes in VO₂max after training altitude versus sea level





4mmol/l swimming time comparison pre-altitude (sea level) vs 8 to 10 days altitude

time difference (altitude-sea level; s)



7 Golden rules for “Altitude training”

- 1.- Main training objective = aerobic training (AEC - ENST)
- 2.- Very few aerobic power or anaerobic training
- 3.- Departure : healthy
- Start : very extensive workouts
- After acute acclimatization: increase training load
- End: extensive
- Return 3-10: critical days
- Return >10days: stabilization training effects

7 Golden rules for “Altitude training”

- 4.- Keep training simple and provide more regeneration time**
- 5.- Be aware of subjective perception of fatigue** (morning heart rate, heart rate and lactate in training, CK)
- 6.- Real training effect 10 days after return**
- 7.- Very individual reaction - try it out before main preparation**