

ALTITUDE TRAINING FOR ENDURANCE ATHLETES

HYPOXICO
ALTITUDE TRAINING SYSTEMS

Take your performance to new heights...

OVERVIEW

Live-high train-low (LHTL, sleeping at altitude), live-low-train-high (LLTH, training at altitude), and the more recently used combination training (LHTL+H) have all been utilized to improve performance among runners, cyclists, and swimmers, as well as, team sport athletes across a range of sports to include rugby, soccer, field hockey, lacrosse, rowing, cross-country skiing and more.

Altitude training takes advantage of your body's innate ability to adapt to reduced amounts of ambient oxygen, producing favorable adaptations at the cellular level to improve endurance performance.

THE BENEFITS

- ✓ Increased VO_{2max} [4, 6, 8, 15]
- ✓ Improved time trial performance & power output [7, 8, 15, 16]
- ✓ Improved competition distances [17]
- ✓ Increased lactate threshold [7, 8]
- ✓ Increased time until exhaustion [5, 8, 18]

THE SCIENCE

- ✓ Increased EPO [6, 19, 20]
- ✓ Increased RBC mass and production [6, 12, 21, 22]
- ✓ Increased hemoglobin concentration & O₂ carrying capacity [3, 6, 18]
- ✓ Increased muscle PFK [8]
- ✓ Improved pH regulation & buffering capacity [18, 23]

THE ENDURANCE PROTOCOL

Live-High

- ✓ Frequency: 7day/week
- ✓ Duration: 4 - 8 Weeks
- ✓ Time: minimum of 10 -12 hrs per night; ideally, 14-18 hrs/night
- ✓ Altitude: - 2200-2500m for EPO effect; up to 3100m for non-haematological effects

Train-High

- ✓ Frequency: - 1-2 sessions/week (depending on competition cycle)
- ✓ Duration: 3 weeks at a time (followed by break)
- ✓ Altitude: 3000m training an at
- ✓ Intensity: level that challenges lactate tolerance (supramaximal intervals)
- ✓ Mode: cycling, running, swimming, etc



Endurance Sport Package

\$4,800

For further information regarding how to incorporate altitude training into your training regime, please contact us.

Please see reverse for citations.

- ✓ Everest Summit II
- ✓ Queen/King Tent*
- ✓ Universal Mask Kit + Exercise Neoprene Mask
- ✓ Finger Pulse Oximeter
- ✓ High Altitude Adapter
- ✓ Handi Oxygen Monitor

* Head tent or sleep mask available as substitute.



Irish professional Rugby team performing altitude training with Hypoxico equipment.



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