

### One Day Oxygen Advantage® Workshop by Patrick McKeown

- Advantages of nasal breathing during rest and physical exercise
- Exploring the science of measuring and reducing breathlessness
- How to simulate high altitude training
- How to improve VO2 max and running economy
- How to delay the onset of lactic acid and fatigue
- **Practical: 1-hour Oxygen Advantage® breathing workout**
- Lunch break
- **Practical: Relaxation and functional breathing**
- The mind and sports performance - improve mental focus
- How to improve respiratory muscle strength
- **Practical: 1-hour Oxygen Advantage® breathing**

