

COURSE SCHEDULE:

DAY ONE: 9.30AM- 5PM

- An introduction to respiratory physiology
- Exploring the science of improving oxygen delivery to the tissues
- When do breathing patterns hold an athlete back?
- Practical: 1-hour Oxygen Advantage[®] breathing workout
- Lunch break
- Practical: Relaxation and functional breathing
- Sleep disordered breathing and its impact on sports performance
- Addressing exercise-induced asthma
- Practical: 1-hour Oxygen Advantage[®] breathing workout

DAY TWO: 9.30AM- 5PM

(ALSO ATTENDED BY ATHLETES)

- 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 VO_2 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
- How to improve respiratory muscle strength
- Practical: 1-hour Oxygen Advantage[®] breathing workout

Oxygen Advantage[®] Instructor Training by Patrick McKeown



DAY THREE: 9.30AM - 5PM

- A detailed exploration of improving anaerobic performance
- How to reduce the risk of injury
- Breathing and cardiovascular health
- Practical: 1-hour Oxygen Advantage[®] breathing workout
- Lunch break
- Practical: Relaxation and functional breathing
- Teaching the Oxygen Advantage[®]: one-day format
- Teaching the Oxygen Advantage[®]: one-hour workout
- Tailoring exercises to individual athletes
- Practical: 1-hour Oxygen Advantage[®] breathing workout
- Closing Session

