

SPORTS BREATHING™



OXYGEN ADVANTAGE® INSTRUCTOR TRAINING

Practical Training Schedule

9:30am - 5pm

DAY
1

- An introduction to the Oxygen Advantage® Program
- Screening and addressing breathing pattern disorders in athletes
- Breathing anatomy and physiology
- Improving muscle oxygenation
- Oxygen Advantage® breathing workout
- Addressing exercise induced asthma
- Sleep disordered breathing and its impact on sports performance
- Mastering the Oxygen Advantage
- Oxygen Advantage® breathing workout

9:30am - 5pm
(also attended by athletes)

DAY
2

- Introducing the Oxygen Advantage®
- The science of breathlessness
- Improving breathing efficiency
- Maximising muscle oxygenation
- Simulating high altitude training
- Improving VO2 max and AT
- Oxygen Advantage® breathing workout
- Delaying the onset of lactic acid and fatigue
- Enter the Zone
- Pre-training & competition preparation
- Tailoring exercises to individual athletes

9:30am - 5pm

DAY
3

- The Oxygen Advantage® business marketing and support
- Teaching the Oxygen Advantage®
- Overcoming respiratory muscle fatigue
- Reducing risk of injury
- Oxygen Advantage® breathing workout
- Tailoring exercises to individual athletes
- Completing your Oxygen Advantage® instructor certification requirements



THE SCIENCE



THE TRAINING



CONTACT