

## SINGAPORE WELCOMES EXPERT INTERNATIONAL BREATHING INSTRUCTOR

**PATRICK MCKEOWN**

- Author of Best Seller
- The Oxygen Advantage®
- Published in fifteen languages
- Instructors in 25 countries
- Applied by professional athletes, military, elite police and more



## OXYGEN ADVANTAGE® INSTRUCTOR TRAINING SINGAPORE 2019

### Practical Training Schedule

3<sup>rd</sup> Aug

2.30pm - 6pm

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

4<sup>th</sup> Aug

9am - 5pm

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

#### Price:

SGD 1200

#### Enquiries & bookings:

[team@progressivepractice.asia](mailto:team@progressivepractice.asia)

#### Included:

Access to live online training videos (valued at \$995) plus online training portal with videos & presentations to accompany practical training.



THE SCIENCE



THE TRAINING



CONTACT