

## TEACH THE OXYGEN ADVANTAGE® INTERNATIONAL INSTRUCTOR TRAINING

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**PUSH YOUR LIMITS!  
TRAIN TO WIN!  
REACH YOUR FULL POTENTIAL  
BREATHING TECHNIQUE TO  
SCIENTIFICALLY ENHANCE PERFORMANCE!**



## OXYGEN ADVANTAGE® INSTRUCTOR TRAINING

### Practical Training Schedule

DAY  
1

- Science of respiratory physiology
- Screening for breathing pattern disorders in athletes
- Breathing patterns and functional movement
- Increasing oxygen uptake and delivery
- Practical: 1-hour Oxygen Advantage® breathing workout
- Oxygen Advantage® breathing exercises
- Oxygen Advantage and Wim Hof Method
- Controlling exercise induced asthma
- Improving sleep quality for focus and performance

DAY  
2

- Carbon dioxide and how it impacts breathlessness during exercise
- Reducing the ventilatory response to carbon dioxide
- Nasal breathing workload during physical exercise
- Practical: 1-hour Oxygen Advantage® breathing workout
- Simulate high altitude training (intermittent hypoxic hypercapnic training)
- Increase aerobic capacity (EPO, Spleen contraction)
- Delay the onset of lactic acid and fatigue (improved buffering capacity)
- Benefits of OA training for running, swimming, cycling, team sports
- Practical: 1-hour Oxygen Advantage® breathing workout

DAY  
3

- Pre-competition preparation
- Teaching Oxygen Advantage® breathing exercises
- Tailoring exercises to individual athletes
- Practical: 1-hour Oxygen Advantage® breathing workout
- Slow breathing and heart rate variability
- Teaching the Oxygen Advantage®: half-day format
- Teaching the Oxygen Advantage®: one-hour workout
- Practical: 1-hour Oxygen Advantage® breathing workout

### Enquiries

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REGISTER

### 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