

# Oxygen for Endurance Sports Athletes

## Top O2 Uses:

- Before and During Competition to Increase Energy, Increase Endurance, Reduce Lactic Acid Pumps, Maximize Explosiveness and Improve Mental Focus.
- Before Strength Training to Increase Reps and Increase Training Intensity. Using oxygen for strength training should allow you to push yourself much harder, allowing for faster strength and muscle building gains.
- After Training for Recovery. This is the most universal benefit of oxygen to all athletes. Oxygen is needed to break down lactic acid faster and to restore ATP stores in the muscles. This recovery benefit may allow you to train hard without the fear of overtraining.
- Before Going to Sleep for Recovery. Many athletes find that they wake up feeling much fresher when using oxygen right before sleep.
- Before Training *IF YOU ARE TIRED* and still need to get in a productive workout, OR if you have just moved to *ALTITUDE* and need to get in productive training while your body acclimates.

## When NOT to use O2:

- We do not recommend using oxygen on really long training rides/runs or on light training days simply from a cost/benefit standpoint.

## Other things to consider:

- Oxygen supplementation is legal according to the World Anti-Doping Agency as of Jan 1, 2010.
- For Ultra Endurance athletes, oxygen is not as beneficial when used before or during training or competition. The effects of oxygen are most evident when an athlete goes into oxygen debt. Most ultra endurance athletes focus on not getting into oxygen debt. This is why the benefits of oxygen are not as evident.
- In our experience, oxygen is best used during competition *prior to expected oxygen debt* to prevent major lactic acid production than used after a period of oxygen debt to recover from major lactic acid production. (Ex. It's better to use oxygen prior to a long, steep hill to help you power up the hill than use it after the hill to help recover from it.) Although oxygen helps speed up the metabolism of lactic acid, that metabolic process still takes time and can tap into your body's energy reserves.
- Our sponsored endurance athletes are using our oxygen while on their bikes and while running. The cans are very light and compact. We recommend that you practice using oxygen while in motion before doing so in a competition. Some cyclists are using velcro or tape to secure oxygen cans to their bikes.
- Oxygen is a much better alternative to energy drinks. It contains no stimulants, no sugars, and no calories. It will not keep you up if used at night, it will not give you the jitters, and there is no crashing.
- Short burst oxygen is safe, natural and non-habit forming. In the quantities used, your body will not become used to it over time like it does with other supplements.
- Since oxygen can help you train harder and recover faster, it should help you get more out of your other supplements.
- Oxygen combines well with glucose supplements because it is the combination of O<sub>2</sub> and glucose that create the main energy source for your muscles - ATP.
- Oxygen is great for hangovers.

**General Product Use:**

- 1 shot = approx 1 sec of O<sub>2</sub>
- Inhale a shot > hold briefly (1 sec max) > then release and repeat
- As pressure in can decreases, take longer shots to get the same benefit.
- Warm muscles can pull up to 3X more oxygen out of blood - try to warm up before using oxygen for max benefits.

**Best Results Dosing:**

- Before strength training workouts: 10 shots before workout (after warm up) / 5-10 shots about half way through the workout / 10 shots after for recovery.
- Competitions: 15-20 shots just before start of competition / 10 shots every hour of competition.
- After workouts for recovery: 10 shots within 10 minutes of completing workout
- Before sleep for recovery: 10 shots

**Have Questions?**

**Contact [Oxygen4Energy.com](http://Oxygen4Energy.com) at 949-777-6457**

**We'd be happy to come up with a specific usage protocol for you depending on your training needs.**