

Oxygen for: **ENDURANCE SPORTS**



BEST TIMES TO USE OXYGEN:

- Before and During Competition.
- Before and During any type of Interval Training.
- Before and During Strength Training / Gym Work.
- After Training for Recovery.
- Before Going to Sleep for Recovery.
- While Training or Competing at Altitude.

WHAT TO LOOK FOR:

- Increased Endurance
- Increased Power Output
- Less Lactic Acid Muscle Burn
- Increased Overall Training Capacity
- Faster Recovery Times

RECOMMENDED USAGE FOR BEST RESULTS:

- 10 shots before starting workout (preferably after a warm-up)
- 5-10 additional shots every 45 minutes as needed
- 10 shots after exertion for recovery

UNDERSTANDING HYPEROXIC TRAINING

HYPERoxic training is training under ELEVATED oxygen levels - the opposite of altitude training. The theory is that when you train with additional oxygen, you can push more power and faster speeds for longer periods of time as well as recover faster, causing faster physiological adaptations by the body. If it makes sense to you that having the ability to train harder and recover faster will give you faster results from training, then you need to give supplemental oxygen a try!

OTHER IMPORTANT INFORMATION

- Oxygen supplementation is legal according to the World Anti-Doping Agency as of Jan 1, 2010.
- Supplemental oxygen contains no stimulants, no sugars, and no calories. It will not keep you up at night, it will not give you the jitters, and there is no crashing.
- The benefits of oxygen tend to be more noticeable with workouts that are more intense and anaerobic.
- We recommend using supplemental oxygen PRIOR TO expected oxygen debt to help delay the onset of lactic acid. (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.)
- In the quantities recommended, your body will not become used to the supplemental oxygen over time like it does with other supplements. Your body should always respond to supplemental oxygen in a favorable way.
- Oxygen combines well with glucose supplements because it is the combination of O₂ and glucose that creates the main energy source for your muscles - ATP.
- Taking a lot of supplemental oxygen prior to an extended exertion MAY increase your glucose burn rate. If you plan on using a lot of supplemental oxygen before a long race or training session, please make sure to also increase your glucose intake as well.
- More oxygen always works better, but is not always economically feasible. For most people, 10 shots prior to a workout gives very noticeable performance gains. We recommend that you experiment with your dosing until you find out what works best for you.