

# Oxygen for: **RUNNERS AND SPRINTERS**



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## **BEST TIMES TO USE OXYGEN:**

- Before and During Competitions.
- Before and During Interval Training.
- Before and During Weight Training.
- After Any Intense Training for Recovery.
- Before Going to Sleep for Recovery.

## **WHAT TO LOOK FOR:**

- Faster Times with the same perceived exertion
- More Explosive starts
- More Endurance at the end of a race
- Less Lactic Acid Muscle Burn
- Less Cardio and Respiratory Stress during exertion
- Faster Recovery Times between sprint intervals
- Faster Recovery Times between training days

## **RECOMMENDED USAGE FOR BEST RESULTS:**

- 10 shots before starting workout (preferably after a warm-up)
- 5-10 additional shots every 30-45 minutes as needed
- 10 shots after workout for recovery
- For Sprint competitions, we recommend 10 shots at the beginning of your warm-up and 5-10 more shots half way through your warm up. This allows time for the oxygen to saturate your muscles before your race.

## **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 train harder 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.
- Sprinters get the most noticeable benefits because they go into oxygen debt very fast. The effects of oxygen supplementation prior to exertion are most evident when an athlete goes into oxygen debt.
- Using oxygen with low intensity endurance training will typically NOT produce very noticeable benefits.
- 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.
- 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.
- We always recommend using higher doses for important competitions.
- Oxygen is great for hangovers.