

Oxygen for Sprinters and Runners

Top O2 Uses:

- Before and During Competitions and Speed Training to Maximize Explosiveness, Increase Energy, Increase Endurance, Reduce Lactic Acid Burns and Improve Mental Focus.
- 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.

Other things to consider:

- 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.
- 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 O₂ 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 O₂
- 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.

Usage for Sprinters

- 10 shots before and after every race (up to 1600 m)
- 10 shots before sprint repeats / another 5-7 shots half way through repeats / 10 shots after training for recovery if needed.
- For 100 m sprinters, you may have to adjust how long prior to a race you take the oxygen to ensure that it is ready to go at the start of the race. For some people, the oxygen kicks in very fast. For others it may take a while. Because the race is so short, this can be very important.

Usage for 5K - 10 K Runners

- 15 shots before a 5 K
- 20-30 shots before a 10K
- 10 shots after races or intense training for recovery

- 10 shots before interval training / another 5-7 shots half way through interval / 10 shots after training for recovery if needed.
- We do not recommend using oxygen on light training days or on days when you are not pushing really hard simply from a cost/benefit standpoint.

Usage for Half to Full Marathon

Best results dosing:

- 10-15 shots before race /10 shots every hour of race
- 10-15 shots immediately after race or intense training session for recovery
- 10 shots before interval speed training / another 5-7 shots half way through intervals / 10 shots after training for recovery if needed.
- Since long distance runners do not push themselves into oxygen debt very often, the benefits of using it during long training runs is minimal. With this in mind, we do not recommend using oxygen during or prior to long training runs simply from a cost/benefit standpoint. It's great for recovery from these runs though!

What to look for:

- Faster race times
- More Explosive starts
- More Endurance at the end of a race
- Less Muscle Burn while racing
- Lower Heart Rates with higher intensity
- Ability to Maintain Form longer
- Faster Recovery Times between sprint intervals and between training days

Have Questions?

Contact 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.