

POWERbreathe Circuit & Interval Training

The intention of circuit training is to keep you moving, from one station to the next, with minimal breaks, pushing the limit of your cardiovascular system while challenging your strength. Circuit training therefore is a great way of building both strength and endurance, simultaneously.

With the scientifically proven benefits that POWERbreathe brings to your inspiratory muscle strength and endurance, POWERbreathe is an extremely beneficial station to incorporate within your circuit training.

Here is an example of how you might incorporate POWERbreathe into a circuit.

Circuit:

Allow only 1-minute recovery between exercises and repeat 3 circuits. This circuit becomes progressively harder over a 6-week period.

Requirements:

Use weights that are approximately 20-30% lighter than you would usually lift. During the POWERbreathe stations, undertake 10 breaths on your current training load/level and adjust the resistance load/level throughout the 6-week programme as indicated.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Intensity	Low	Med	High	Low	Med	High
Stations						
Star Jumps	30 sec	30 sec	45 sec	30sec	30 sec	45 sec
Ab Crunches	20	25	30	20	30	30
Dumbbell Lunges	30 sec	30 sec	45 sec	30 sec	30 sec	45 sec
Push Ups	31 sec	31 sec	46 sec	31 sec	31 sec	46 sec
POWERbreathe Training	10 breaths	10 breaths	10 breaths (+ 1/2 a turn)	10 breaths	10 breaths	10 breaths (+ 1/2 turn)
Squats	30 sec	30 sec	45 sec	30 sec	30 sec	45 sec
Tricep Dips	30 sec	30 sec	45 sec	30 sec	30 sec	45 sec
No of Circuits	3	3	3	3	3	3

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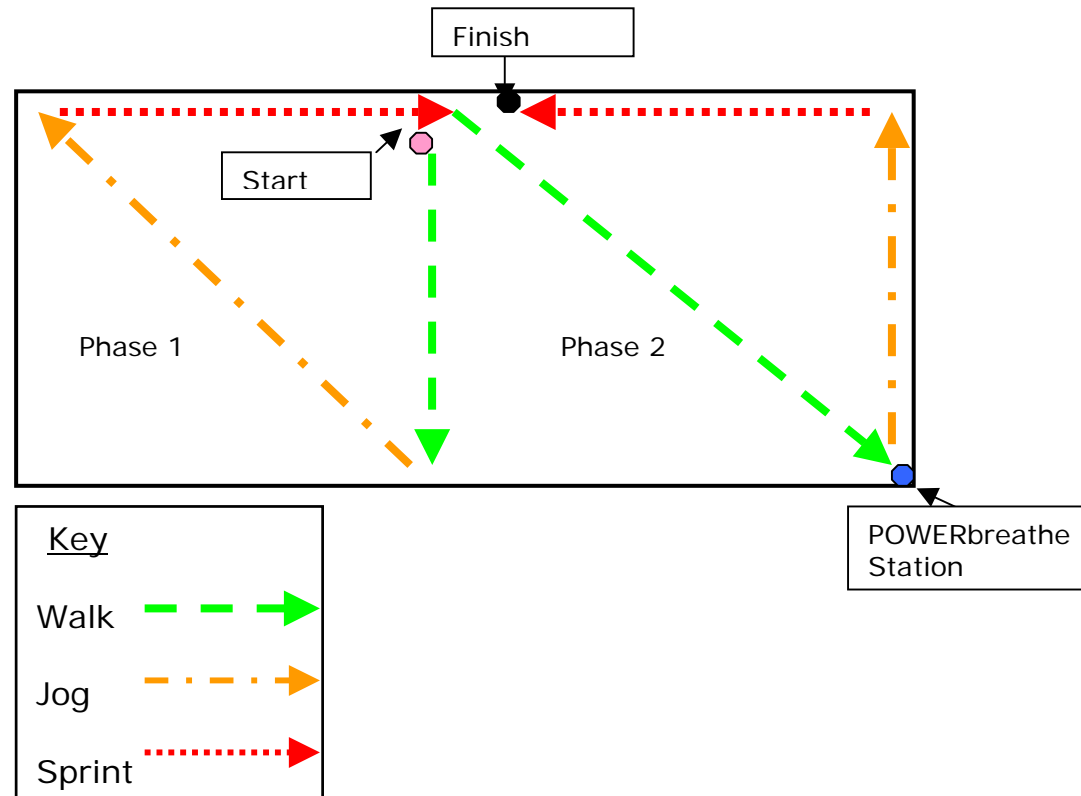
POWERbreathe Interval Training

The interval training sessions suggested below are intended to help build cardio respiratory endurance and recovery for a range of different sports and can be adapted to suit your training requirements.

POWERbreathe Sprint Interval:

The sprint interval incorporates a sharp turn when moving from a jog to a sprint in order to develop explosive power when changing direction, and built into the Phase 2 of the drill is a POWERbreathe station.

In Phase 2, after a short recovery walk, undertake 10 breaths at your POWERbreathe station, then move into the second jogging phase. This POWERbreathe station is intended to further exercise the inspiratory muscles and also aid in the recovery process after the first phase of the circuit.



POWERbreathe Running Interval:

By including the POWERbreathe into an interval session during recovery periods you can improve your respiratory endurance and also hasten recovery.

Below is a simple example of how you might incorporate POWERbreathe, although you can tailor your POWERbreathe interval training to the demands of your running discipline.

1. Warm up for 10 minutes with an easy light jog.
2. Run at an intense interval pace (a step up from your usual pace) for one minute.
3. Jog for a two-minute recovery interval.
4. Undertake 10 POWERbreathe breaths at your current training load/level.
5. Repeat stages 2 to 4 above, three times.

After your interval session, cool down with 5 minutes of gentle jogging. This should then be followed by 5 minutes of breathing through your POWERbreathe, which should be set at two levels below your current training load/level. This will aid your recovery and speed up your lactate clearance.

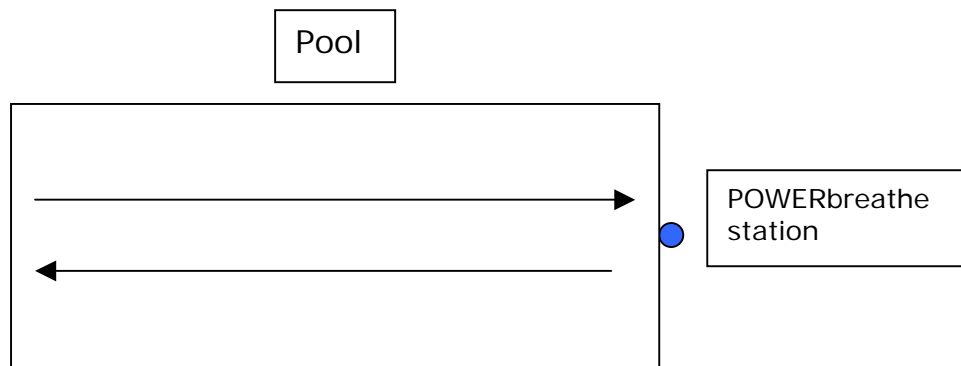
Finally, stretch for a further 5 minutes.

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POWERbreathe Swim Intervals:

The training session below is intended to help build cardio respiratory endurance for swimming, bearing in mind that the distance of the swim and stroke undertaken places different demands on the body.

This interval session is intended as a guide and can be adapted to suit the athlete's own requirements. Built into this interval session is a POWERbreathe station, which is intended to further exercise the inspiratory muscles and also aid in the recovery process after the final phase of the session.



1. At the edge of the pool, undertake 10 breaths through the POWERbreathe at your usual training load/level.
2. Using your preferred stroke, undertake 10 laps of the pool, working at around 70% capacity.
3. After your 10th lap, stop at the edge of the pool and undertake 10 breaths with your POWERbreathe.
4. Repeat this process twice more, completing 30 laps and a total of 30 breaths.
5. After you have completed your final series of 10 laps, use your POWERbreathe for a respiratory cool down by setting it at 2 levels below your training load/level and undertake approximately 5-10 minutes of continuous breathing.