

ALTITUDE TRAINING | HYPOXIC TRAINING

IHHT® | Interval Hypoxic Hyperoxic Training for sports

IHHT® | Interval Hypoxic Hyperoxic Training enhances endurance performance

Based on the evidence of 140 years of high altitude and aeromedical research, recommendations for the methodology in the application of **IHHT®** are derived (therapy and exercise duration, frequency, optimum altitude/hypoxic trigger, repetition cycles, etc ...).

The use of Hypoxic Training in sports is a basic element of the training planning and preparation, the effectiveness depends on an optimal integration into an overall concept. Hypoxic Training is not only used in endurance sports, but also in athletic sports, martial arts and in alpinism to mobilise reserve capacity, to accelerate regeneration and to prepare for high altitude.

Hypoxic Training not only leads to better performance in professional sports, also amateur athletes, health conscious people or those with health deficits (recurrent infections, respiratory and cardiovascular diseases) take benefit of altitude therapy and altitude training.

Effects of Hypoxic Training:

- stimulated erythropoiesis (EPO, blood formation in the bone marrow), increase of blood levels such as hemoglobin, hematocrit, erythrocytes and reticulocytes
- increased oxygen-transport capacity to cells and skeletal muscles, enhanced endurance performance with higher load capacity
- improvement of pulmonary functions
- training of respiratory muscles, utilisation of the lung capacity reserve ("respiratory exercising") and economisation of the cardiovascular system
- more favorable course of regeneration after several competitions / loads, protection of the musculoskeletal system
- strengthening of the immune system (reducing the susceptibility to infection)
- increase the success rates in pre- and postoperative program

Hypoxic Training has to be customised and is therefore duty of experienced physicians.



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