

Intermittent Hypoxic Training

Intermittent normobaric hypoxia does not alter performance or erythropoietic markers in highly trained distance runners

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Protocol: 14 National class athletes. Control Group & Altitude Group 4 weeks, 5 X per week 70-minutes per session, 5 minutes \square on \square 5-minutes \square off \square O₂ content 12% - 10% via mask.

Results:

Change in VO₂ max IHT Group $\square\square$ No significant change Sea-Level Group \square . No significant change

Change in 3000m running time IHT Group $\square\square$ No significant change Sea-Level Group \square . No significant change

Change in erythropoietin, soluble transferrin receptor, or reticulocyte parameters IHT Group $\square\square$ No significant change Sea-Level Group \square . No significant change

Conclusions: Four weeks of a 5:5-min normobaric hypoxia exposure at rest for 70 min, 5 days/wk, is not a sufficient stimulus to elicit improved performance or change the normal level of erythropoiesis in highly trained runners.

Note: The authors of this study consist of the World's leading researchers in altitude training, representing some major institutions that were looking for a definitive answer to the effectiveness of this novel modality of altitude training.