



# OXYGEN DVANTAGE<sup>®</sup>

BY PATRICK MCKEOWN

## MASTERCLASS

What is the Oxygen Advantage<sup>®</sup> and how does it benefit athletes?

It's a proprietary set of scientifically proven breathing techniques that improve an athlete's:

- VO2max and anaerobic threshold
- Oxygen uptake and muscle oxygenation
- Levels of fatigue and lactic acid
- Breathlessness and recovery times
- General health and sleep quality

Do I need to be an elite athlete to benefit from the Oxygen Advantage<sup>®</sup>?

While elite athletes benefit a great deal from the Oxygen Advantage<sup>®</sup>, recreational and competitive amateurs typically see significant improvement in their athletic performance and training enjoyment.

How long is the Oxygen Advantage<sup>®</sup> Masterclass and breathing training process?

- The Oxygen Advantage<sup>®</sup> Masterclass typically lasts 4 – 5 hours depending on the engagement from class attendees.
- The breathing training process varies given the athlete's situation and how they breathe.
- Most will spend 3-4 weeks training their breath, although some benefits are usually seen in the first week.

What will I take away from the Oxygen Advantage<sup>®</sup> Masterclass?

- An understanding of the 8 ways the Oxygen Advantage<sup>®</sup> improves athletic performance.
- Mastery of the Oxygen Advantage<sup>®</sup> breathing techniques.
- Breathing training road-map and plans to take full advantage of the Oxygen Advantage<sup>®</sup>.

What topics are covered in the Oxygen Advantage<sup>®</sup> Masterclass?

- The science of breathlessness
- Breathing efficiency
- Two ways of maximize muscle oxygenation
- Using the breath to simulate high-altitude training even if you live at sea-level
- Improving VO2max and AT
- Delaying the onset of lactic acid and fatigue
- Using the breath to enter The Zone
- Pre-training and pre-event preparation
- The suite of Oxygen Advantage<sup>®</sup> breathing techniques and how to tailor them to your training needs



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