

Types of Training

Altitude training

This is training which takes place at least 2000 metres above sea level. At this altitude there is a lower partial pressure of oxygen. There are three phases:

- Acclimatisation – 3-5 days of light training when altitude is reached
- Primary training – Where training volume is gradually increased in order to reach a volume and intensity that was reached at sea level.
- Recovery – The training volume is gradually reduced in order to prepare the athlete to return to sea level and recover from the altitude induced fatigue.



Pros	Cons
Increased RBC	Expensive
Increased haemoglobin	Time away from family
Increased mitochondria	Altitude sickness
Increased oxidative enzymes	Dizziness
Increased capillarisation	Benefits are short lived
Increased capacity to carry O ₂	Absolute intensity is lower than relative intensity

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Lactate Sampling

This is a method of measuring the lactate concentration in the blood. Therefore it is an accurate way of determining how hard you are working. For example if the concentration is above 4 mmols this means that you have reached your obla and are now producing energy anaerobically. It ensures that training is at the correct intensity and is also an easy and portable method.



Respiratory Exchange Ratio

This is another method set to measure exercise intensity. It is based upon the volume of oxygen which you take in and the volume of carbon dioxide which you breath out.

Calculated by:

$$R = \frac{\dot{V}CO_2}{\dot{V}O_2}$$