



1 OPTIMAL DOSE

There may be a relatively narrow window for "optimal dose" of altitude to be used with LHTL

Large individual variability of the responses exists and the mechanisms behind responders vs. non-responders to LHTL remain obscure.

2 INDIVIDUAL RESPONSES



3 IRON STATUS

Iron deficiency impairs the erythropoietic response to altitude so that screening athletes for iron status before embarking a LHTL camp is an absolute necessity

If performance is the key outcome, training load (volume/intensity) must be monitored and adjusted accordingly before, during and after the LHTL intervention

4 TRAINING LOAD MONITORING



5 WELLNESS AND WELLBEING

Successful LHTL implementation requires careful monitoring of sleep quality, fatigue and hydration status to avoid developing infections, illnesses or overreaching/overtraining states

"LIVE HIGH TRAIN LOW" altitude training – lessons learned after 25 years of implementation



7 USE OF NATURAL VS. SIMULATED HYPOXIA

LHTL strategies can be successfully implemented to increase red cell mass and maximal aerobic power with both natural and artificial altitude

Putative adaptive mechanisms (haemoglobin mass, oxygen cost of breathing) as a result of LHTL are often more robust/repeatable than performance changes

8 MECHANISMS VS. PERFORMANCE BENEFITS



9 APPLICATION FOR A BROAD RANGE OF ATHLETES

Despite endurance athletes (e.g., swimmers, runners, cyclists) being traditionally regular users, LHTL is now increasingly popular in a wider range of athletes (e.g., team sports)

Additional hypoxic and/or heat exposure (if well managed) may boost LHTL benefits

10 COMBINATION OF METHODS



Consideration of current training/competitive phase and timing of performance evaluation post-intervention directly influences LHTL outcomes

6 TIMING OF THE INTERVENTION



Spend Low Live High

David Joyce, Daniel Lewindon



Spend Low Live High:

Spend Low, Live High Catherine Morsink, 2002-09-19 *Spend Low Live High* is a self help book for busy people who are trying to find balance in their lives Based on more than 50 years of collecting testing refining and developing ideas the author presents a sensible way of living well by managing time and money and maintaining good health The book talks to readers in the conversational sometimes humorous style of friends chatting over coffee It offers alternatives rather than prescribing solutions To find an appropriate spend low live high lifestyle balance readers are urged to compare potential savings in money with their cost in time and energy The book reminds readers to choose realistic diet plans practical fitness routines and reasonable budget rules that can be maintained Readers start their individualized approach by taking the Two timing Survey focused on the ways they spend their time and money compared with goals they would like to reach Book chapters creatively address ten major issues two timing savvy saving casual organizing crafty decorating lazy gardening domesticated cleaning human conditioning lighthearted eating simplified meal planning and naked traveling [Live Long and Prosper](#) World Bank, 2015-12-10 Aging is a challenge which countries in East Asia and Pacific EAP regions are grappling with or will soon confront It raises many questions for policymakers ranging from potential macroeconomic impacts to fiscal challenges of supporting pension health and long term care systems and labor market implications as countries seek to promote productive aging The urgency of the aging challenge varies across the region but it will confront all EAP countries in time and early preparation is essential to avoid the missteps of other regions *Live Long and Prosper* discusses the societal and public policy challenges and reform options for EAP countries as they address aging It aims to strike a balance between aging optimists and pessimists On the one hand the impacts of aging on growth labor markets and public spending are not the unavoidable catastrophe often feared However minimizing the downside risks of aging and ensuring healthy and productive aging will require proactive public policy political leadership and new mindsets across society The report reviews the evidence on demographic transition in EAP and its potential macroeconomic impact It addresses the current policy environment including pensions and social security health and long term care and labor markets to assess the risks of business as usual It also suggests policy directions to promote healthy and productive aging in EAP and emphasizes that aging is not just about older people but requires policy and behavioral change across the life cycle [Sports Injury Prevention and Rehabilitation](#) David Joyce, Daniel Lewindon, 2015-12-14 World class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting edge sports science In this ground breaking new book leading sports injury and rehabilitation professionals strength and conditioning coaches biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care In every chapter there is a sharp focus on the return to performance rather than just a return to play The book introduces evidence based best practice in all the core areas of sports injury risk management and rehabilitation including

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