



## 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

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

## 6 TIMING OF THE INTERVENTION



## 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

**Spend Low Live High**

**Catherine Morsink**

## **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

## **Life Insurance**

**Marketing and Cost Disclosure** United States. Congress. House. Committee on Interstate and Foreign Commerce.

Subcommittee on Oversight and Investigations,1978 [The Life Insurance Industry](#) United States. Congress. Senate.

Committee on the Judiciary. Subcommittee on Antitrust and Monopoly,1973 **Effects of Geographic Cost of Living**

**Adjustments on Welfare Benefits** Robert A. Hoppe,1979 [The Life Insurance Industry](#) United States. Congress. Senate.

Committee on the Judiciary,1973 **Management of Acute Decompensated Heart Failure** Christopher O'Connor,Wendy

Gattis Stough,Miahai Gheorghiade,Kirkwood F. Adams,2005-11-29 Although the majority of heart failure represents the

exacerbation of chronic disease about 20% will present as a first time diagnosis And although there are a number of

intravenous agents that can be used for acute decompensated heart failure there are no national guidelines currently available Edited by a well known expert and his team of con

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Statistics,1882 **Republican Campaign Text-book** ,1878 [Reprint](#) ,1967 **How I Spent My Two Years' Leave** R.

B. Cumberland,1875 **Cases on Information Technology and Business Process Reengineering** Mehdi

Khosrowpour,2006-01-01 This book presents a wide range of issues and challenges related to business process reengineering

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web mar 17 2019 with a name that encapsulates all of the grandeur of egypt s ancient past the valley of the kings is one of the country s most popular tourist destinations it s located on the west bank of the nile directly across the river from the ancient city of thebes now known as luxor