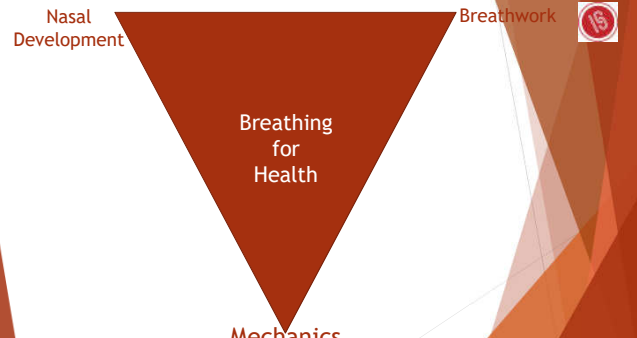




*“**Fatigue** makes cowards of us all.
[Men] in condition do not tire”*

General Patton




Nasal Development


Breathwork

Breathing for Health

Mechanics




Breathing for Performance



performance

health



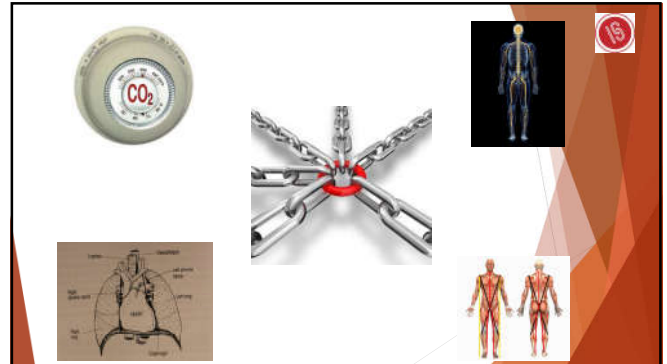
Breathing in Sports Performance

- ▶ Warm up
- ▶ Breathing during Training
- ▶ Recovery

- ▶ Pre Competition
- ▶ Intra Competition



Adv. Breath Training for Performance



Benefits of Adding in Breath Training

1. More efficient with personal energy.
2. More in-tune with personal body rhythms.
3. Read competitors rhythms more clearly.
4. Reduced need for second wind.
5. Improved Recovery - up to 40% quicker.
6. Better focus and concentration.
7. Same fitness with less stress!
8. Better able to cope with general stress

Full Warm Up Protocol for Sport
 Wear layers of clothing for the warm up and delayer as you heat up.
 Warm Up Gradually for at least 10 minutes.
 Nose breathe only until phase 3 of the warm up.

Phase 1
 Perform:
 X1-3 Medium Walking Breath Holds, with 60+ seconds active rest in between.
 x1-3 Strong Jogging Breath Holds, with 30 seconds active rest in between.
 x1-2 Very Strong Running Breath Holds, with 30 seconds active rest in between.
 (active rest can include mobility/skills work to cut down total warm up time)

Phase 2
 Perform any required mobility, strength, Skills & Tactical work for Warm Up

Phase 3
 Warm up to intensity of competition as normal,
 Then Take
 X5-10 Big Mouth Breaths

Empower Breathwork
8 Week Course €40

breathe deep and connect to your greatness

Breath Training Foundations
16 week programme
€59.99

Leo Ryan

The banner features a swimmer in the ocean with arms raised, framed by a diamond shape. To the right, two smartphone screens display the app interface. The background is a mix of teal, red, and white geometric shapes.

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The contact information is accompanied by icons for a globe, Instagram, and an email symbol. The background consists of white and brown geometric shapes.