

A photograph of a swimmer in a pool, viewed from above, with arms raised and hands clasped. The water is bright blue with sunlight filtering through, creating a shimmering effect. The swimmer is wearing a blue cap and a dark swimsuit.

# **MAXIMIZING SPORTS PERFORMANCE THROUGH BREATHING**

*Sports Breathing Manual*  
**PATRICK MCKEOWN**

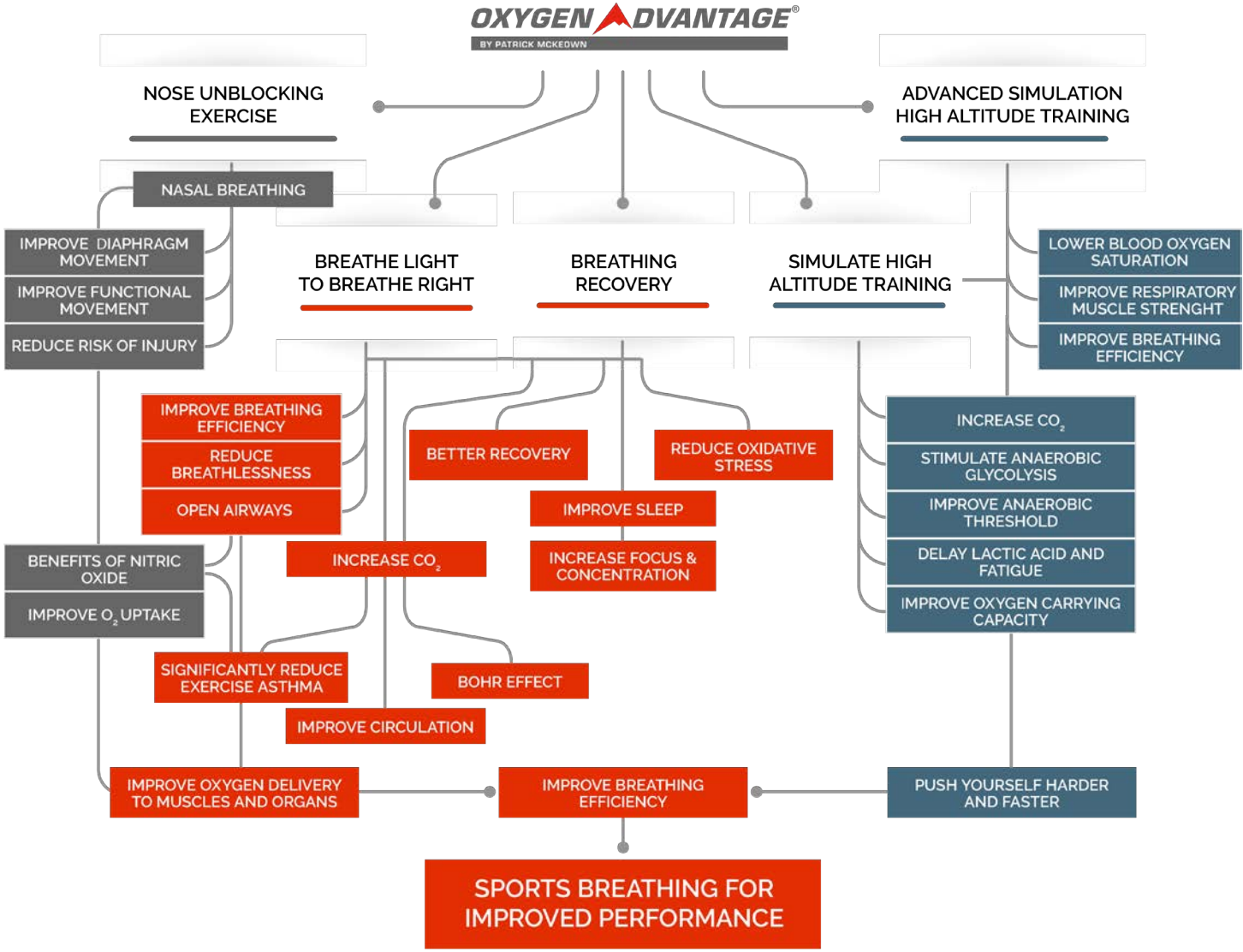
**OXYGEN  ADVANTAGE<sup>®</sup>**

BY PATRICK MCKEOWN

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# Breathing Exercise Diagram



# Important

The Oxygen Advantage<sup>®</sup> Workout is perfectly safe for the vast majority of people, however it does include some powerful exercises similar to performing high-intensity interval training.

Just as high-intensity exercise is suited only to those with reasonably good health and fitness, those with any medical issues should perform the workout only with the consent of your medical practitioner.

Whilst some exercises are challenging they should never feel stressful.

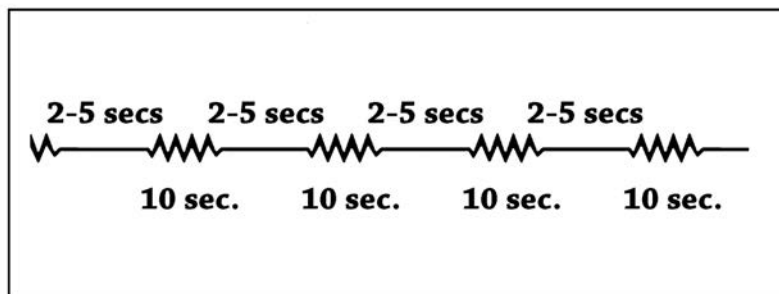
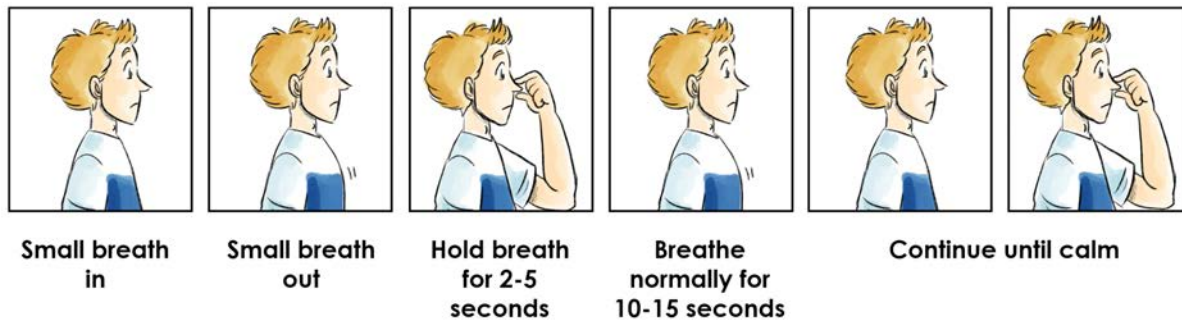
Elements of this workout are not suitable if you are pregnant.

## Summary

- ▲ Breathing should be nasal at all times (day and night), quiet, gentle and soft.
- ▲ Pay attention to your breathing, focus on relaxing the body and breathing muscles throughout the day.
- ▲ If you are suited to practising stronger breaths holds (5 reps by 2 sets daily)
- ▲ Nighttime protocol – tape the lips.

# WARM UP WITH MANY SMALL BREATH HOLDS

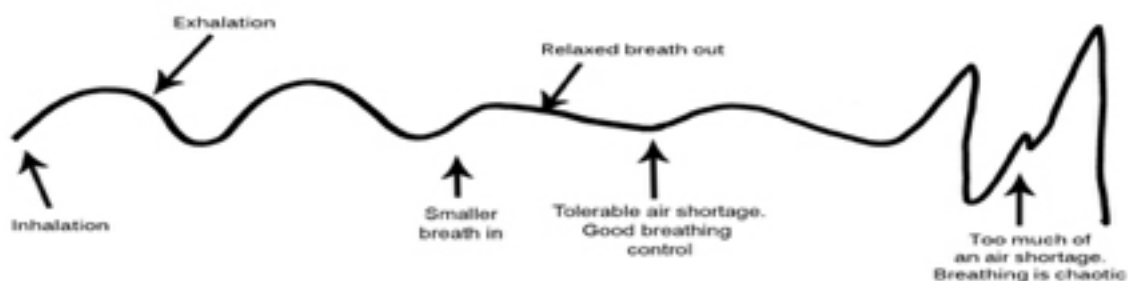
(PERFORMED SITTING DOWN FOR 2.5 MINUTES)



- ▲ Take a normal breath in and out through the nose.
- ▲ Pinch your nose with your fingers to hold the breath for 5 seconds.
- ▲ Let go of your nose and breathe in and out through your nose for 10 seconds.
- ▲ Just breathe as normal for ten seconds.
- ▲ And again, normal breath in, normal breath out and pinch your nose.
- ▲ When you let go, breathe in through nose.
- ▲ Breathe as normal for 10 seconds. Don't make any changes to your breathing. Just breathe as normal.
- ▲ You should not feel stressed while doing the exercise. If the air hunger is too much, then hold the breath for 3 seconds only.

# BREATHE LIGHT-SITTING

(2.5 MINUTES)



- ▲ If sitting, imagine a piece of string gently pulling you upwards towards the ceiling.
- ▲ Imagine and feel the space between your ribs widening.
- ▲ With your mouth closed, jaws relaxed, breathe normally in and out through your nose.
- ▲ Place your hands on your chest and tummy or on your lap.
- ▲ Focus on the air flow as it moves in and out of your nose. Feel the slightly colder air entering your nose, and feel the slightly warmer air leaving your nose.
- ▲ When you are able to follow your breathing, take a short slow breath into the nose and allow a gentle relaxed breath out. Breathe 80% of your normal breath in a slow and gentle manner. Breathing should be so light, quite and still.
- ▲ It is very important not to consciously interfere with your breathing muscles or restrict your breathing during this exercise. Don't tense your stomach to reduce your breathing.
- ▲ The goal is to feel a want or 'hunger' for air. To have a feeling that you would like to take in a bigger breath.

# PREPARATION FOR SIMULATION OF ALTITUDE TRAINING

(5 REPS)

Suitable for persons with stress, asthma or prone to panic attack.  
 Suitable for all except those with serious medical conditions and pregnancy.



Small  
breath in



Small  
breath out



Hold your breath  
and walk for ten  
to fifteen paces



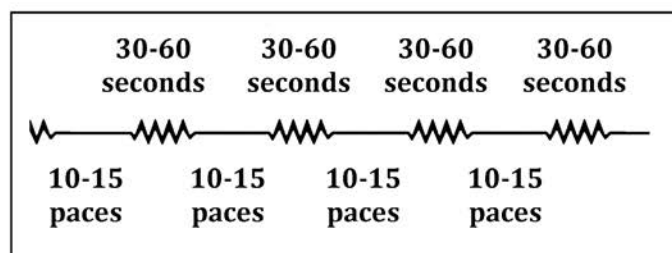
Rest for half  
a minute to one  
minute to recover



Hold your breath  
and walk for ten  
to fifteen paces



Rest for half  
a minute to  
one minute  
to recover



# SIMULATION OF ALTITUDE TRAINING

(5 MINUTES)

## Simulation of Altitude Training (5 minutes)



Breathe in and out  
through nose



Pinch nose with  
fingers to hold  
your breath



Walk with  
breath held

When you feel  
a medium  
hunger for air,  
increase your pace  
to a fast walk  
or jog





# Simulation of Altitude Training



Continue jogging until you feel a strong hunger for air



Let go of nose and breathe in through nose

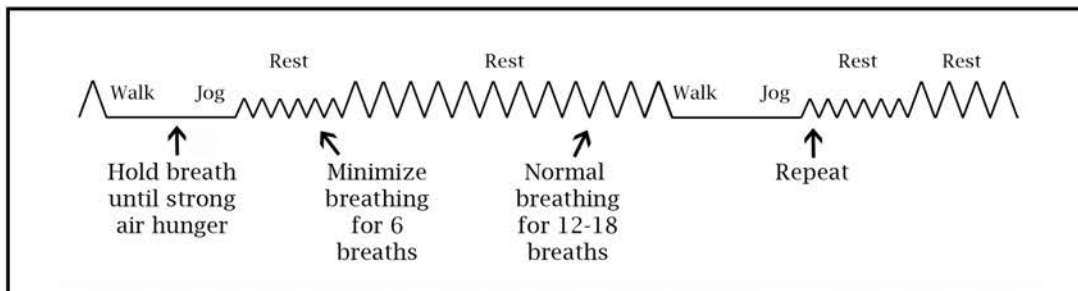


Walk a few paces. Stop and minimize your breathing for six breaths.

Normal breathing for 12 to 18 breaths



Repeat



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## Simulation of Altitude Training

- ▲ Take a small, silent breath in and allow a small, silent breath out through your nose.
- ▲ Pinch your nose with your fingers to hold your breath.
- ▲ Start walking with your breath held.
- ▲ When you feel a medium air hunger, increase your pace to a fast walk or jog.
- ▲ Continue jogging while holding the breath until you feel a strong air hunger.
- ▲ Relax into the muscle contractions.
- ▲ Bring a feeling of relaxation to your body.
- ▲ Push, push.
- ▲ When it becomes difficult, let go of nose and breathe in through nose.
- ▲ Walk a few paces and stop.

### **MINIMAL BREATHING FOR 6 BREATHS**

- ▲ Minimize your breathing for six breaths.
- ▲ Take very short breaths in and out of nose.  
Just breathe enough air to fill the nostrils and no more.  
Take hardly any air into your lungs for six breaths or so.

### **RECOVER BREATHING FOR 12 TO 18 BREATHS**

- ▲ And now normal breathe for 12 to 18 breaths.  
Allow your breathing to recover.

### **REPEAT**

- ▲ Perform five repetitions

# BREATHE LIGHT-WALKING

(5 MINUTES)

## Breathe Light Walking (5 minutes)



Begin by walking  
Imagine a piece of string bringing you upwards



Breathe softly and slowly through the nose



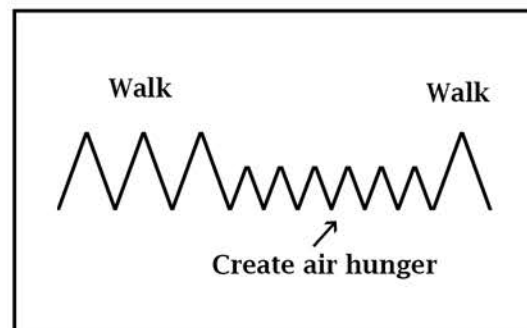
Create a hunger for air



After a couple of minutes walking, block one of your nostrils with your finger



Sustain a tolerable hunger for air



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## Breathe Light-walking

- ▲ Begin by walking at a moderate pace with your mouth closed.
- ▲ Feel the slightly colder air coming into your nose and feel the slightly warmer air leaving your nose.
- ▲ As you feel the air entering and leaving your nostrils, gently soften your breathing.
- ▲ As you continue to walk, slow down the speed of air as it enters your nostrils.
- ▲ Slow down the speed of air as it leaves your nostrils.
- ▲ The objective is to breathe light during your walk, to breathe less than what you normally would do, to feel a hunger for air.
- ▲ After a couple of minutes walking, block one of your nostrils with your finger.
- ▲ It doesn't matter which nostril you block.
- ▲ This will concentrate the air entering and leaving your nostrils.
- ▲ Soften your breathing as you breathe through one nostril. The objective is to create a tolerable need for air, to feel slightly breathless, to want to take in more air.

# BREATHE LIGHT-WALKING, JOGGING/FAST WALKING (5 MINUTES)

Breathe light- walking, jogging/fast walking (5 minutes)

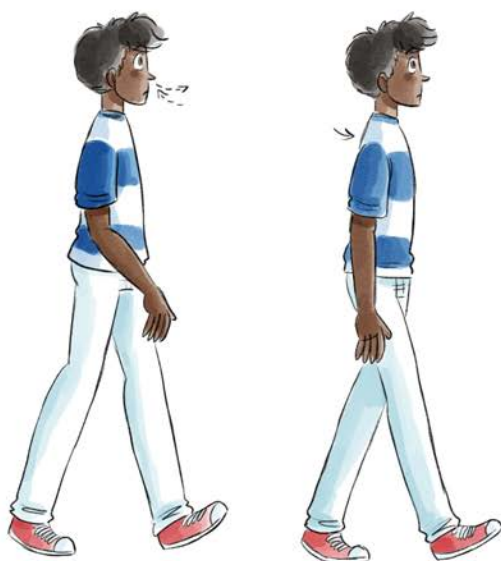


Increase the pace to a fast walk or light jog

Go at a pace where you can maintain nasal breathing

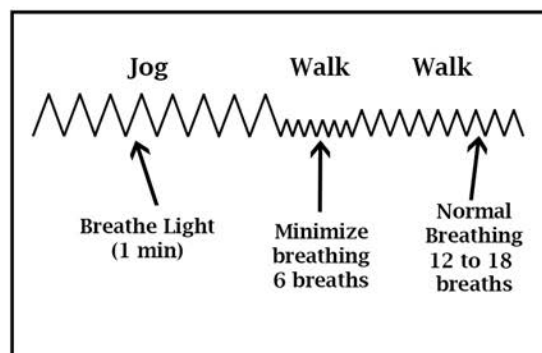
Bring a feeling of relaxation throughout your body

After one minute jogging, slow down to a walk



Minimize breathing for 6 breaths

Normal breathing for 12 to 18 breaths

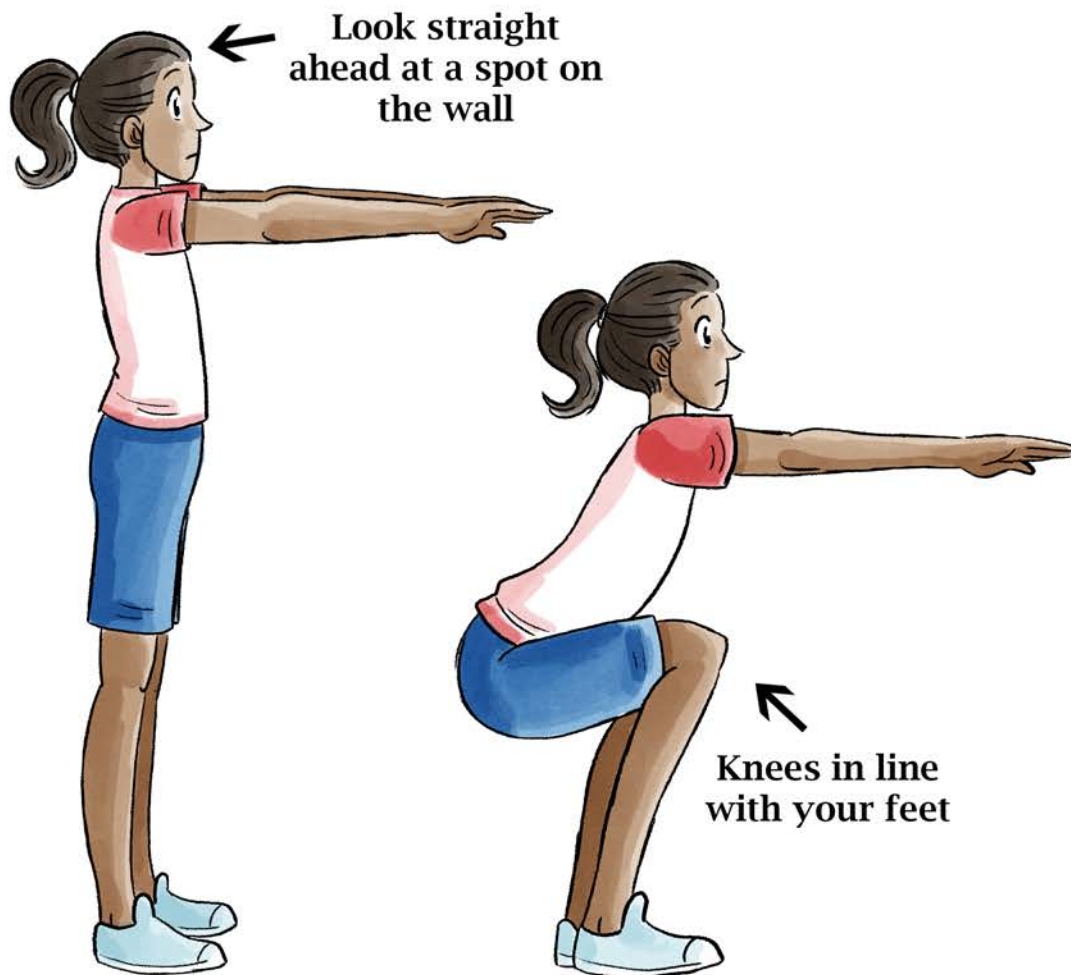


Repeat three times- Jog one minute.  
Walk with minimal breathing 6 breaths.  
Walk with normal breathing 12 to 18 breaths.

# BREATHE LIGHT DURING SQUATS

(2 MINUTES)

## Slow Squats (10 reps)



**Back straight and  
your chest and  
shoulders up**

**Lower your body  
as if you are sitting  
into a chair**

**Inhale slowly down.  
Exhale slowly up.**

### **INHALE DOWN, EXHALE UP, INHALE DOWN, EXHALE UP**

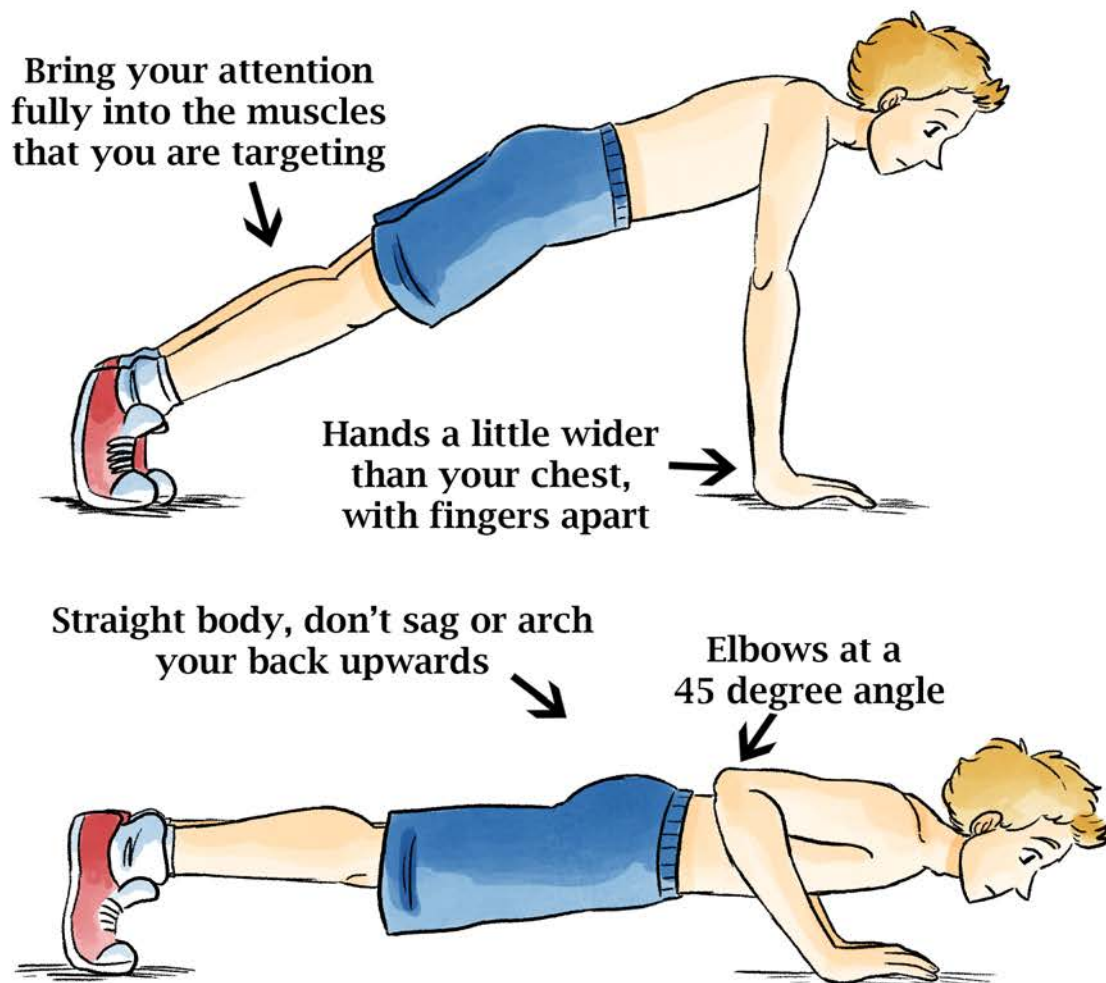
- ▲ Stand while looking forward.
- ▲ Feet shoulder width apart. Keep your toes at a comfortable outward position.
- ▲ Stand on the soles of your feet.
- ▲ Extend your hands in front of you to help with balance. Clasping your hands can help.
- ▲ Lower your body as if you are sitting into an imaginary small chair. Keep looking forward and do not let your chest drop.
- ▲ Lower slowly down and slowly breathe in.
- ▲ Keep pressure in the heels with feet flat on the floor.
- ▲ Lower your body so that your thighs are parallel to the floor, and your knees are over your ankles. Press your weight back into your heels.
- ▲ To rise, push through your heels.
- ▲ Slowly rise and as you do, slowly breathe out.
- ▲ Inhale down, Exhale up.
- ▲ Co-ordinate your breath with the movement.
- ▲ One set of 10 squats or whatever you are able to do



# BREATHE LIGHT DURING PUSH UPS

(2 MINUTES)

## Push Ups (10 reps)



Lower slowly down and slowly breathe in

Lower body all the way down  
so that your chest is close to the floor

Inhale down, Exhale up

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## Breathe Light during Push Ups

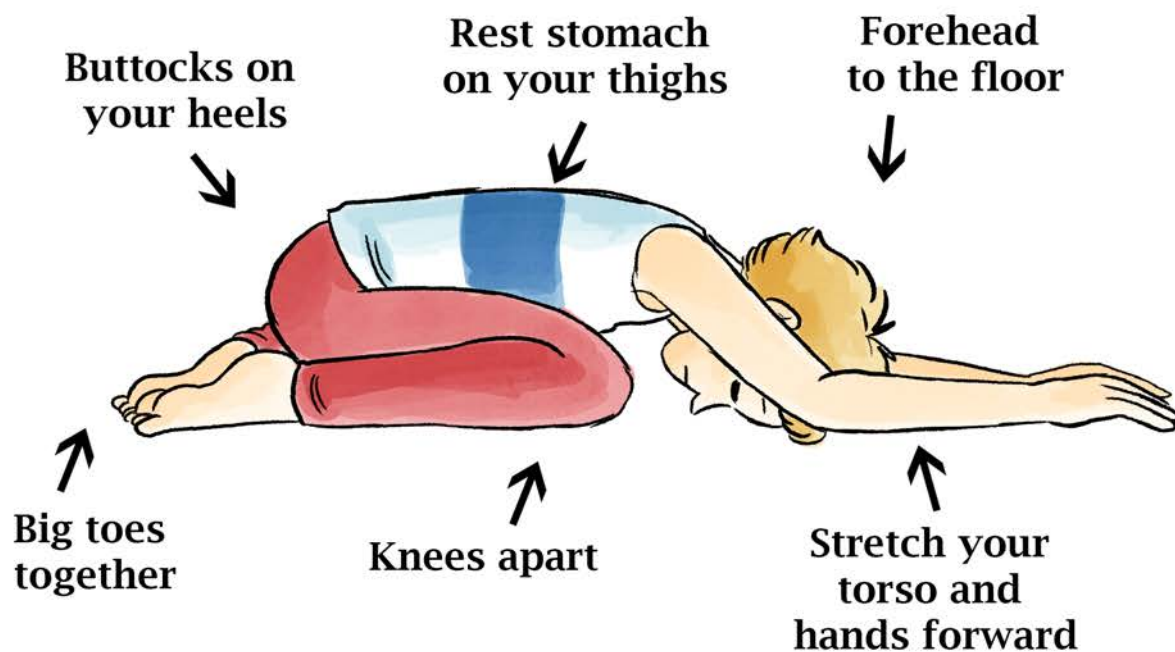
### **INHALE DOWN, EXHALE UP, INHALE DOWN, EXHALE UP**

- ▲ Place your feet together, side by side. Toes and heels together.
- ▲ Have a straight body. Don't sag or arch your back upwards.
- ▲ Beginners can push against a wall or have their knees resting on the ground.
- ▲ Bring your attention fully into the muscles that you are targeting.
- ▲ Hands a little wider than your chest, with fingers apart.
- ▲ Elbows at a 45 degree angle.
- ▲ Lower slowly down and slowly breathe in.
- ▲ Lower body all the way down so that your chest is close to the floor.
- ▲ Rise slowly up and slowly breathe out.
- ▲ One set of 10 repetitions. Beginners to do what they can.

# BREATHE LIGHT DURING CHILDS' POSE

(2 MINUTES)

## Childs Pose (2 minutes)



As you hold the pose,  
gently soften your breathing.  
Gently stand up.

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## Breathe Light during Childs' Pose

- ▲ Have your knees apart.
- ▲ Rest your buttocks on your heels.
- ▲ Big toes together.
- ▲ Rest your forehead to the mat.
- ▲ Allow your stomach to rest on your thighs.
- ▲ Stretch your hands forward.
- ▲ As you hold the pose, gently soften your breathing.
- ▲ Feel the airflow as it enters and leaves your nose.
- ▲ Gently soften the breath.
- ▲ Soft, slow, gentle breath in.
- ▲ Soft, slow, gentle breath out.
- ▲ Hold the pose for 2 minutes.
- ▲ Gently stand up.

# SHARK FIT

(5 MINUTES)

Only suitable for persons in good health.

## Shark Fit (5 minutes)



Exhale and pinch nose with fingers



Start walking while holding your breath



At medium hunger for air, fast walk or jog



Continue until strong air shortage



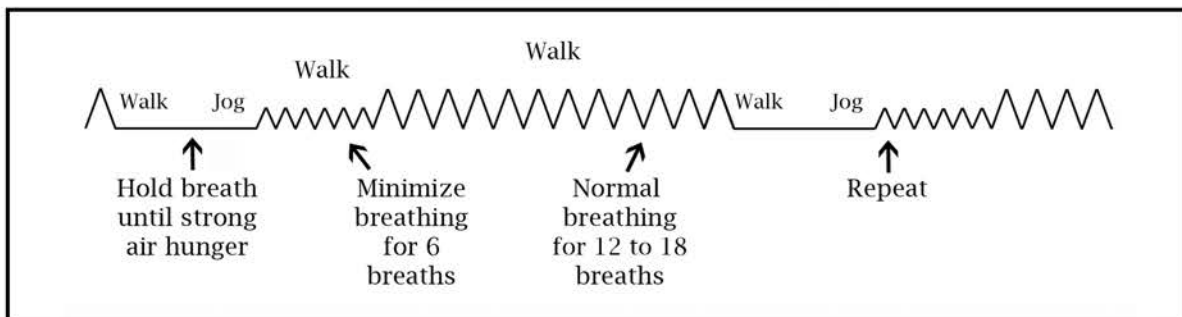
Breathe in through nose, walk and minimize breathing for 6 breaths



Normal breathing for 12 to 18 breaths



Repeat five breath holds



- ▲ Take a silent breath in and a silent breath out through your nose.
- ▲ Pinch your nose with your fingers to hold your breath.
- ▲ Start walking while holding your breath.
- ▲ When you feel a medium air hunger, increase your pace to a fast walk or jog.
- ▲ Continue jogging while holding the breath until you feel a strong air hunger.
- ▲ Bring a feeling of relaxation throughout your body.
- ▲ Push, push, push.
- ▲ When it becomes difficult, let go of nose and breathe in through nose.
- ▲ Release your nose.

### **MINIMAL BREATHING SIX BREATHS**

- ▲ Walk and minimize your breathing for six breaths.
- ▲ Take very short breaths in and out of your nose.  
Just breathe enough air to fill the nostrils and no more.  
Take hardly any air into your lungs for six breaths or so.

### **RECOVER BREATHING FOR 12 - 18 BREATHS**

- ▲ And now normal breathe for 12 to 18 breaths.  
Just follow your breathing.  
Don't make any change to your breathing.  
Just feel the slightly colder air coming into your body  
and the slightly warmer air leaving your body.
- ▲ Practice five breath holds.



# BREATHE LIGHT ADVANCED

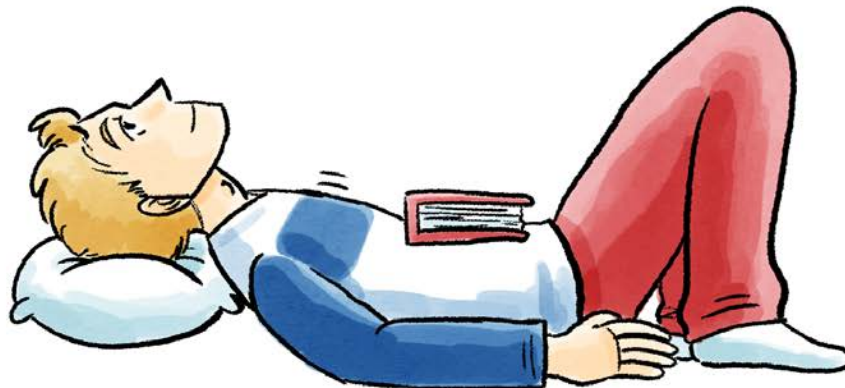
(5 MINUTES)

- ▲ Lie on a mat with a small pillow under your head and your knees bent, as shown above.

Breathe in softly- book gently rise



Breathe out softly- book gently falls



Allow gravity to help soften the breath  
and reduce breathing volume

The goal is to create a tolerable need for air,  
while deep breathing using the diaphragm

Breathe Light and Breathe Deep

### **ACTIVATE THE DIAPHRAGM**

- ▲ Place a book or hand just above your navel.
- ▲ While breathing in, imagine inflating your belly with a light amount of air and watch your hand rise.  
While breathing out, imagine a balloon slowly deflating of its own accord.

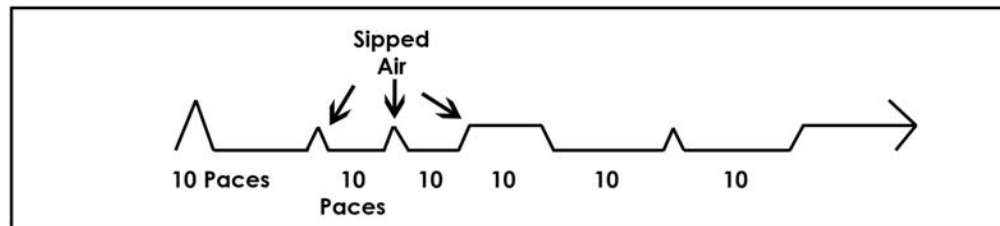
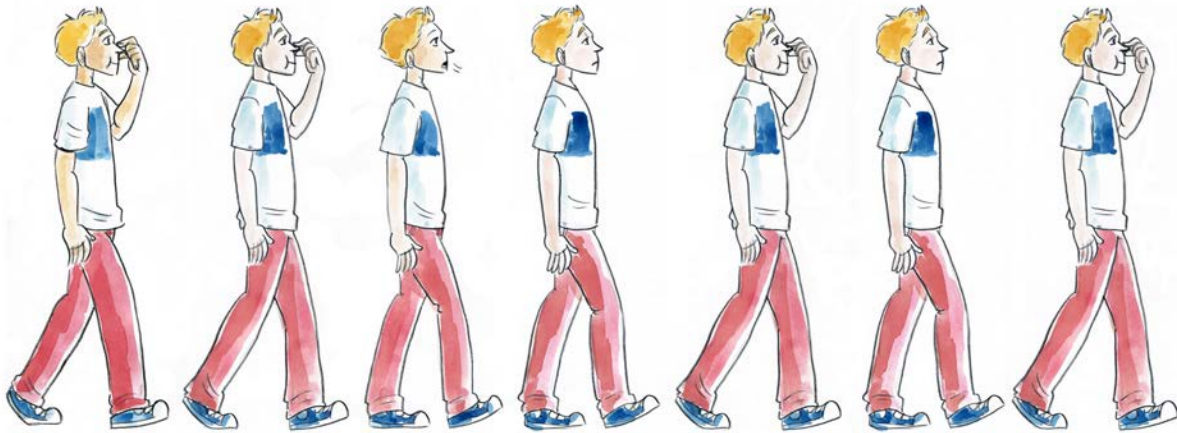
### **BREATHE LIGHT**

- ▲ When you are able to breathe using your diaphragm, focus on taking a short slow breath into the nose.  
Slow down the speed of air as it enters and leaves your nose.
- ▲ Breathe 80% of your normal breath in a slow and gentle manner.  
Breathing should be so light, quite and still.
- ▲ Short, slow breath in.
- ▲ Slow, gentle breath out.
- ▲ Breathe in hand rises.
- ▲ Breathe out hand falls.
- ▲ Don't interfere with your breathing muscles or restrict your breathing.  
Don't tense your stomach to reduce your breathing.

### **EXPERIENCE AIR HUNGER**

- ▲ The objective is to feel a want or hunger for air.  
To have a feeling that you would like to take in a bigger breath.

# ADVANCED SIMULATION OF ALTITUDE TRAINING



- ▲ The first breath hold is for about 10 paces or so.
- ▲ After the first breath hold, subsequent holds are performed every five to ten paces.
- ▲ Following each breath hold take either a tiny inhalation or a gentle exhalation or sip of air.
- ▲ A 'sip of air' means taking a tiny breath, the purpose of which is to relieve tension rather than take in air. It is about 10% of a normal breath.
- ▲ With each successive breath hold, oxygen saturation will continue to decrease.
- ▲ Continue to observe the pulse oximeter, ensuring that you do not go below 80% SaO<sub>2</sub>
- ▲ Challenge but do not stress yourself.

# ***OXYGEN*** ***DVANTAGE***®

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