



## One to One Sessions Quick Guide

### *Who are these sessions for?*

These sessions are for any student who wants to either increase their performance for athletic pursuits or who would like to improve their breathing for conditions where dysfunctional breathing patterns are present.

### *What are some of the advantages of practising OA for increased athletic performance?*

- Delayed onset of fatigue and lactic acid
- Improved repeat sprint ability for team sports- rugby, football etc.
- Improved respiratory muscle strength
- Improved aerobic capacity
- Increased production of EPO (Erythropoietin)
- Improved running economy and running time

### *What are the advantages of learning OA for conditions such as anxiety, sleep apnoea and asthma?*

Learning OA much like the Buteyko method will retrain your breathing so that your breathing is calm, nasal, diaphragmatic and under your agency all of the time.

### *What is typically the content of these sessions?*

- Case history discussion
- Setting of goals
- Specific recommendations
- Overview of the science
- Assessment of breathing (tidal volume, respiratory rate, BOLT score)
- Practise of distress relief breathing, congestion clearing, reduced breathing, and simulated high-altitude exercises\*
- Collaboration of routine
- Questions and answers

### *Who should not practice simulated high-altitude training exercises?\**

Students who are pregnant, have high blood pressure, cardiovascular issues, diabetes or seizure disorders.

### *Do I need to practice the simulated high-altitude exercises in a specialized area during the session?*

Ideally, any area that has a clear space of at least 4.5 metres/15ft long and 1.5 meters/4ft wide can be used. However if you are short on space the simulated high altitude exercises can be learnt jogging in place/on the spot.

### *Do I need any OA breathing exercise tools for my session?*

A pulse oximeter may be useful, but it is not essential to train with during the session. If you wish to receive training using the SportsMask, Myotape or Buteyko Belt feel free to bring them to your session.

### *How many sessions will it take me to learn and be able to practise the exercises confidently by myself?*

1 to 2 sessions are usually all that is needed to establish a lifetime routine.