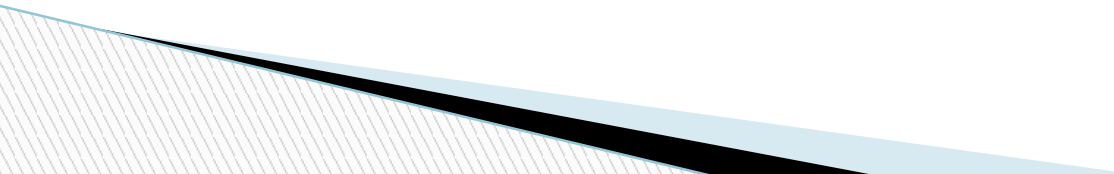


# Altitude Training

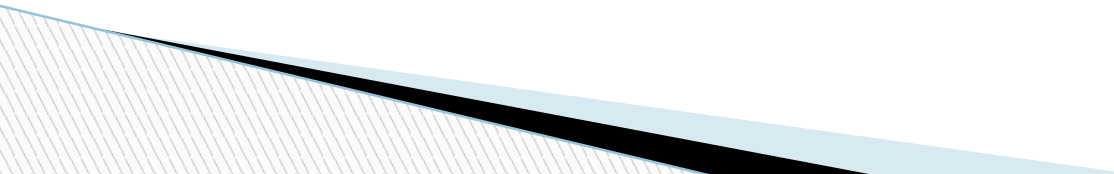
Dr Akram Mohammadamin  
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2019-2020

# What is Altitude Training ?

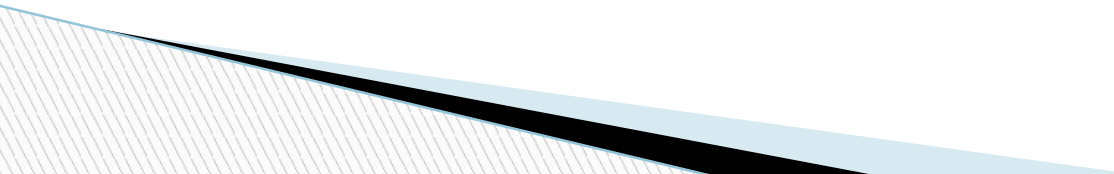
- Training at a height way above sea level (2000m). Athletes who are born or train at altitude have a greater oxygen carrying capacity.
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# What is the Goal of Altitude Training?

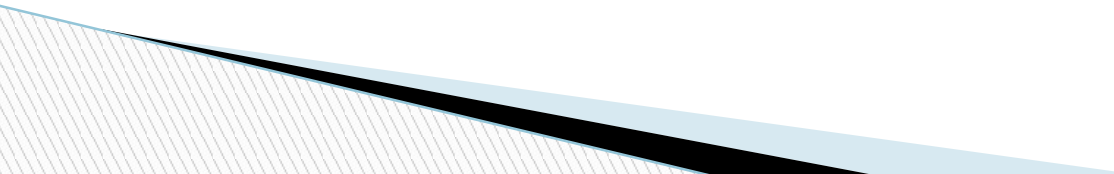
- This method requires athletes to train in countries of high altitude in order to increase the number of oxygen carrying red blood cells in the body.
- 

# When did this Method will use?

This method is usually used for endurance events such as middle and long distance running



# Training session side effects

- ❑ First few days have side effects from training
    - tire and find training difficult
  - ❑ Athletes cannot train like they did at sea level due to the change in pressure
  - ❑ As a training effect the number of red blood cells increase
  - ❑ Over two weeks, performance improves
- 

# How long has an Effect on Athletics Training?

- The effect only lasts for several weeks after returning from altitude.

# The benefit of Altitude training?

- Components of fitness
  - It develops Aerobic capacity/  
Cardio vascular Endurance.
- 

Thank you

