



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

Liying Dong



Spend Low Live High:

Spend Low Live High Book Review: Unveiling the Power of Words

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