



# Altitude Training

In Norway

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**Asian Coaches Conference 2016**

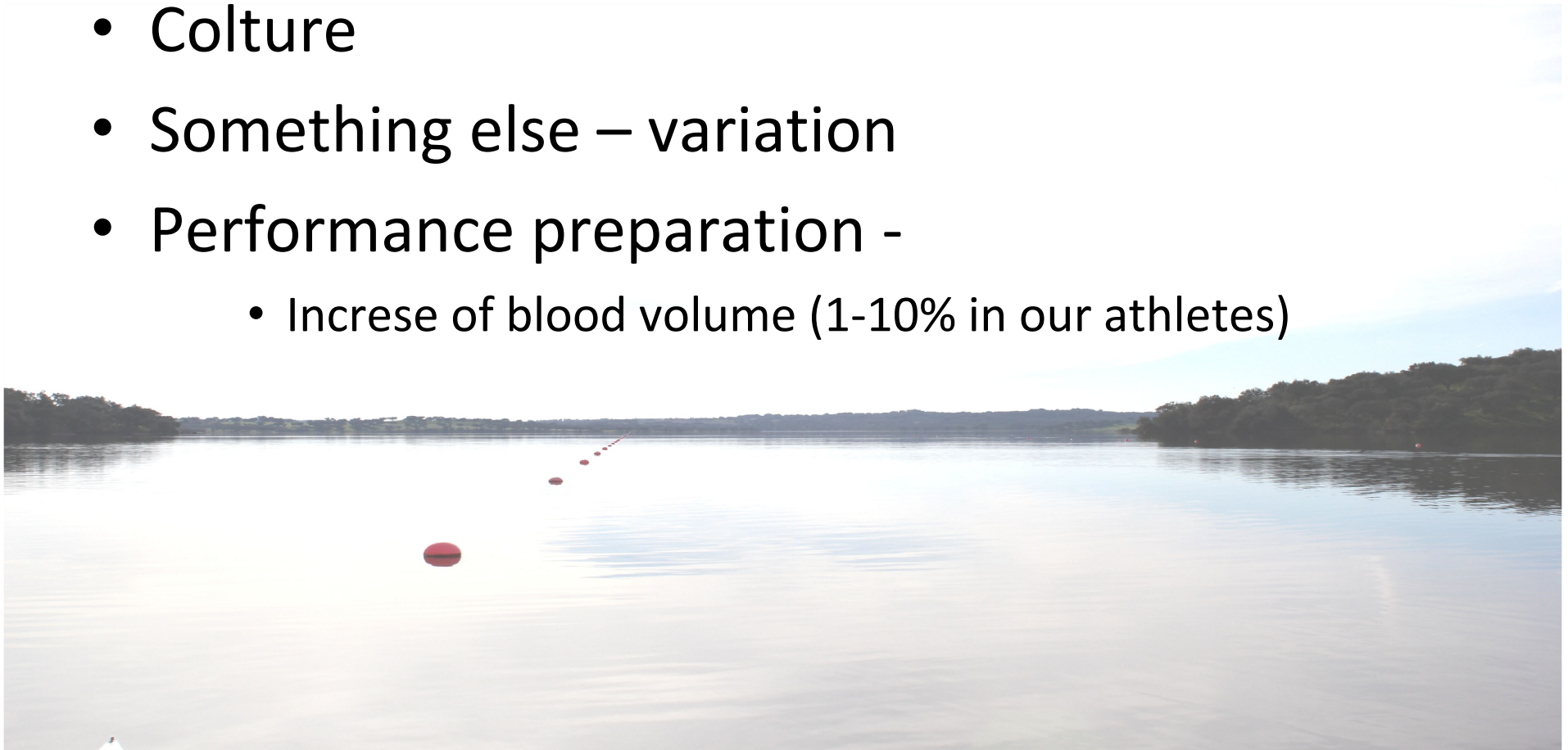
**Xiamen**





# Why altitude training

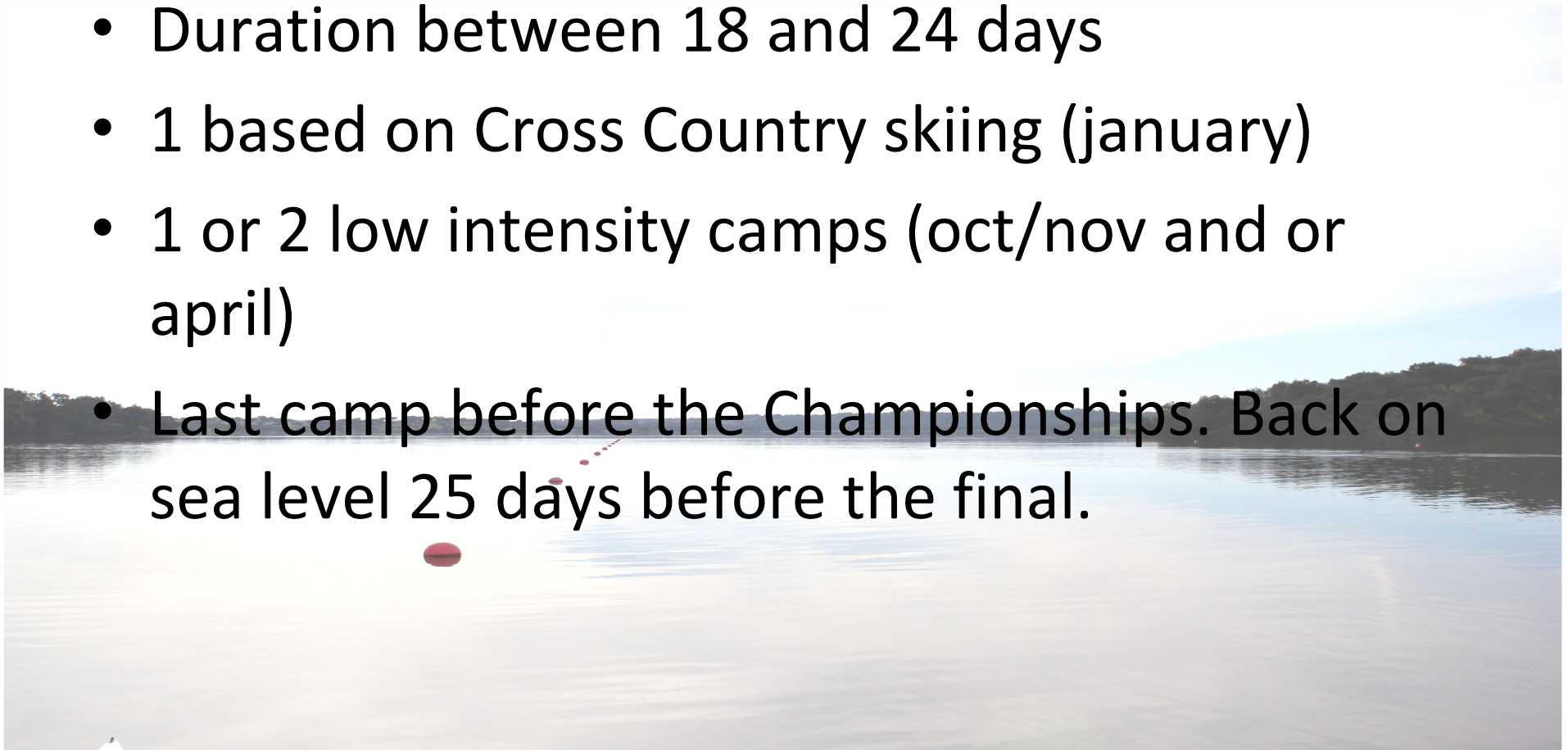
- High aerobic load with low muscular load
- Colture
- Something else – variation
- Performance preparation -
  - Increase of blood volume (1-10% in our athletes)





## How and when...

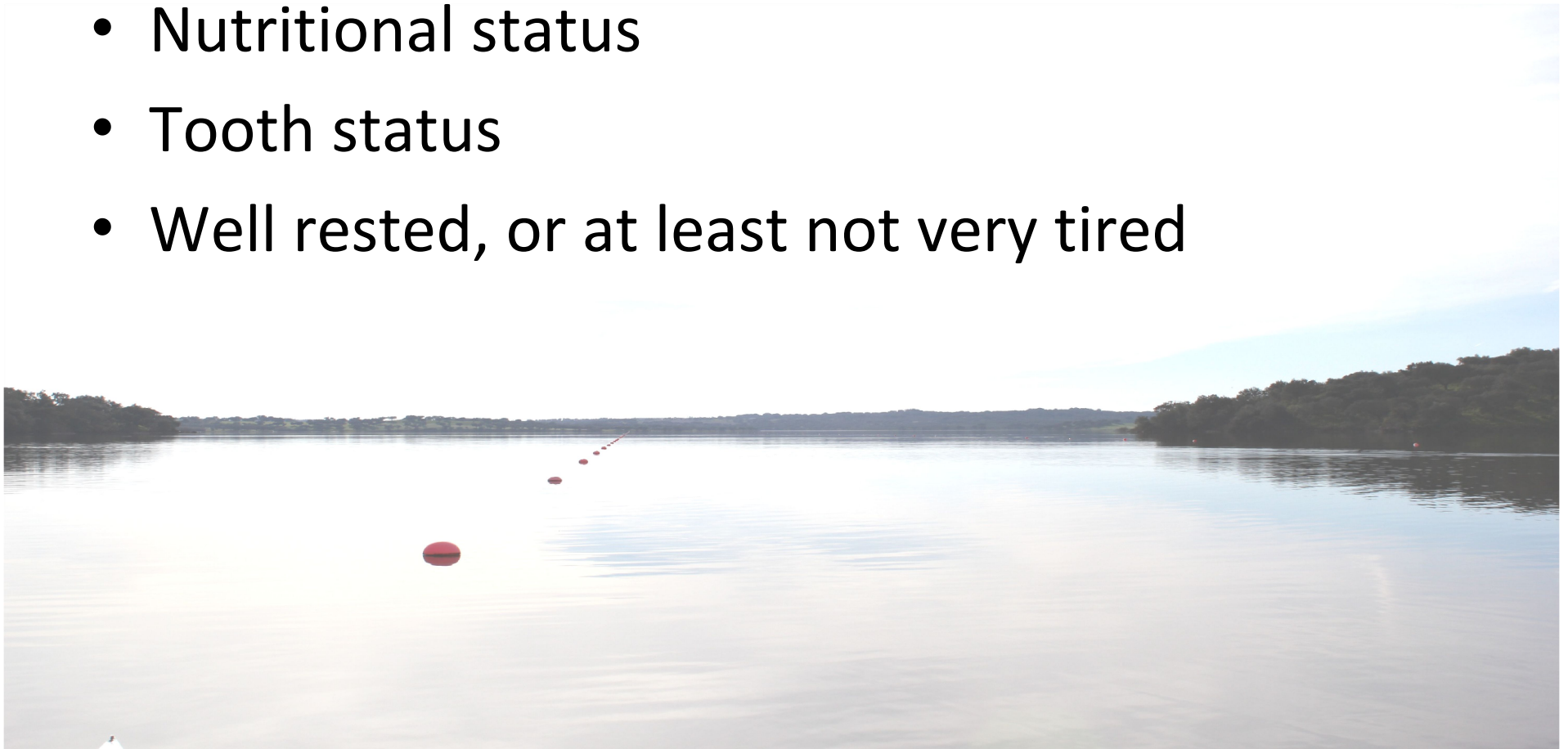
- 2-4 times a year
- Duration between 18 and 24 days
- 1 based on Cross Country skiing (january)
- 1 or 2 low intensity camps (oct/nov and or april)
- Last camp before the Championships. Back on sea level 25 days before the final.





# Before

- Health status
- Nutritional status
- Tooth status
- Well rested, or at least not very tired





# During

Be aware of that small infections an illness can spoil the whole effect on the camp so rest in time.

Drink more the ususal.

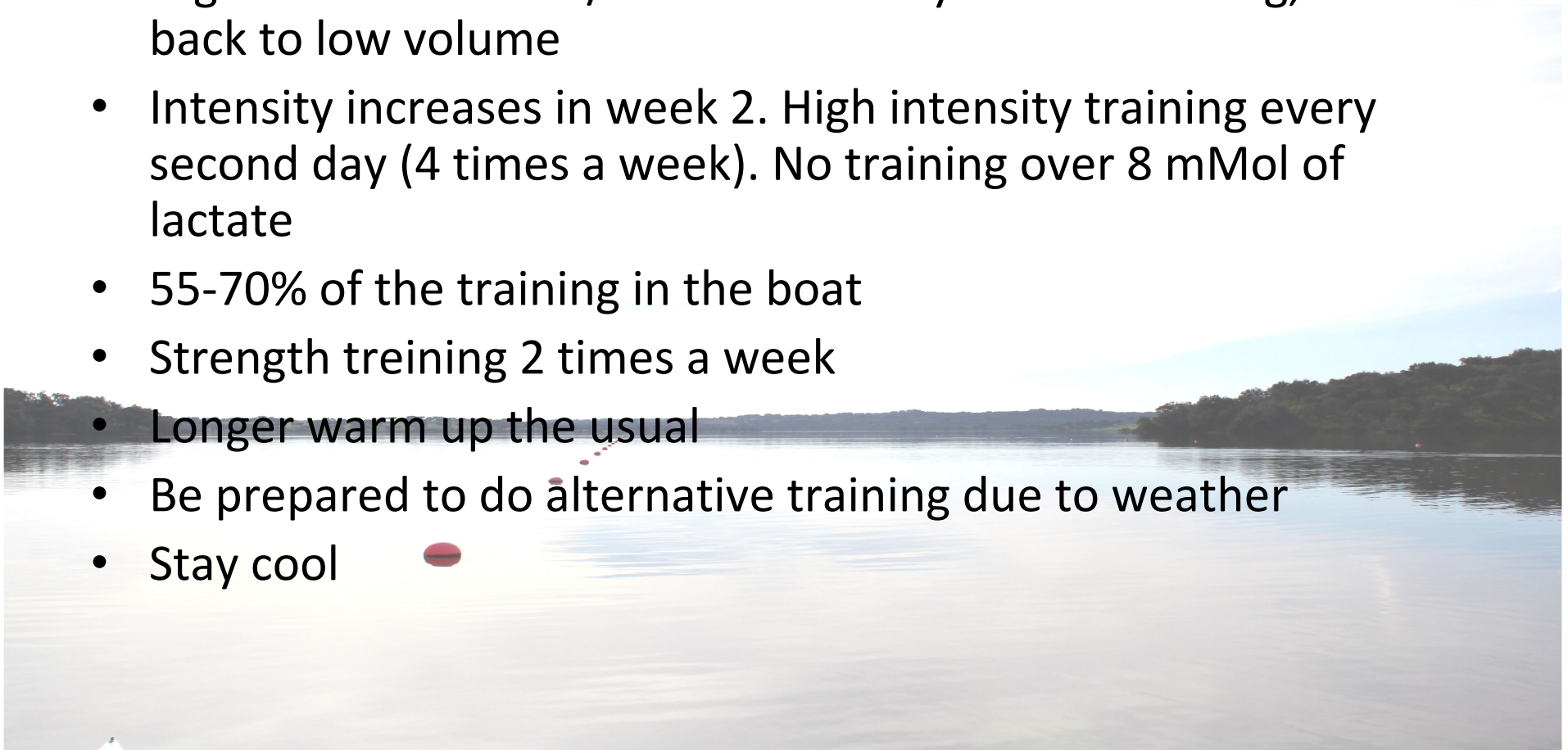
Small reulations in weight





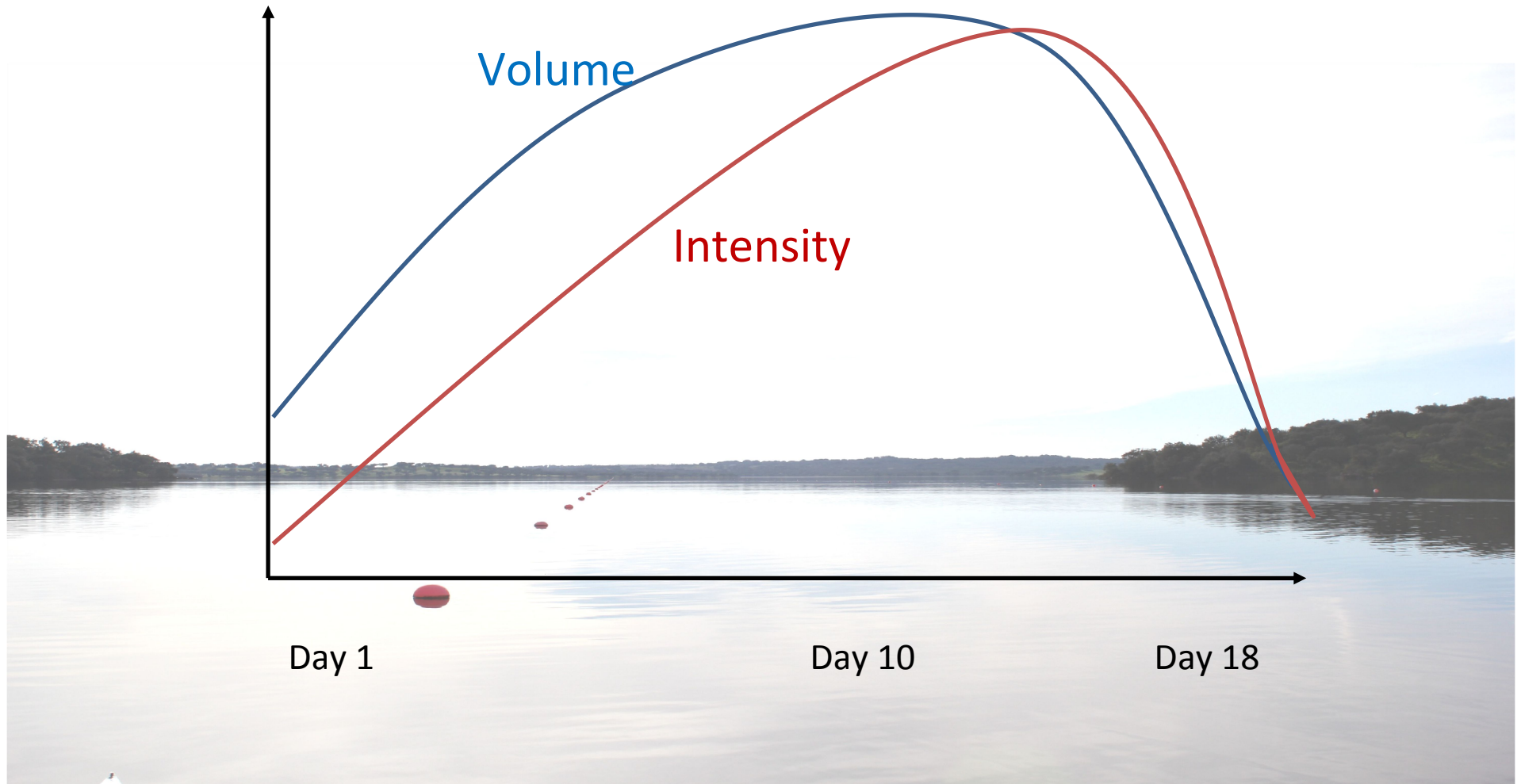
# Training

- Low volume and intensity for the first 3 days
- High volume 30-35 h/week until 2 days before leaving, then back to low volume
- Intensity increases in week 2. High intensity training every second day (4 times a week). No training over 8 mMol of lactate
- 55-70% of the training in the boat
- Strength training 2 times a week
- Longer warm up the usual
- Be prepared to do alternative training due to weather
- Stay cool





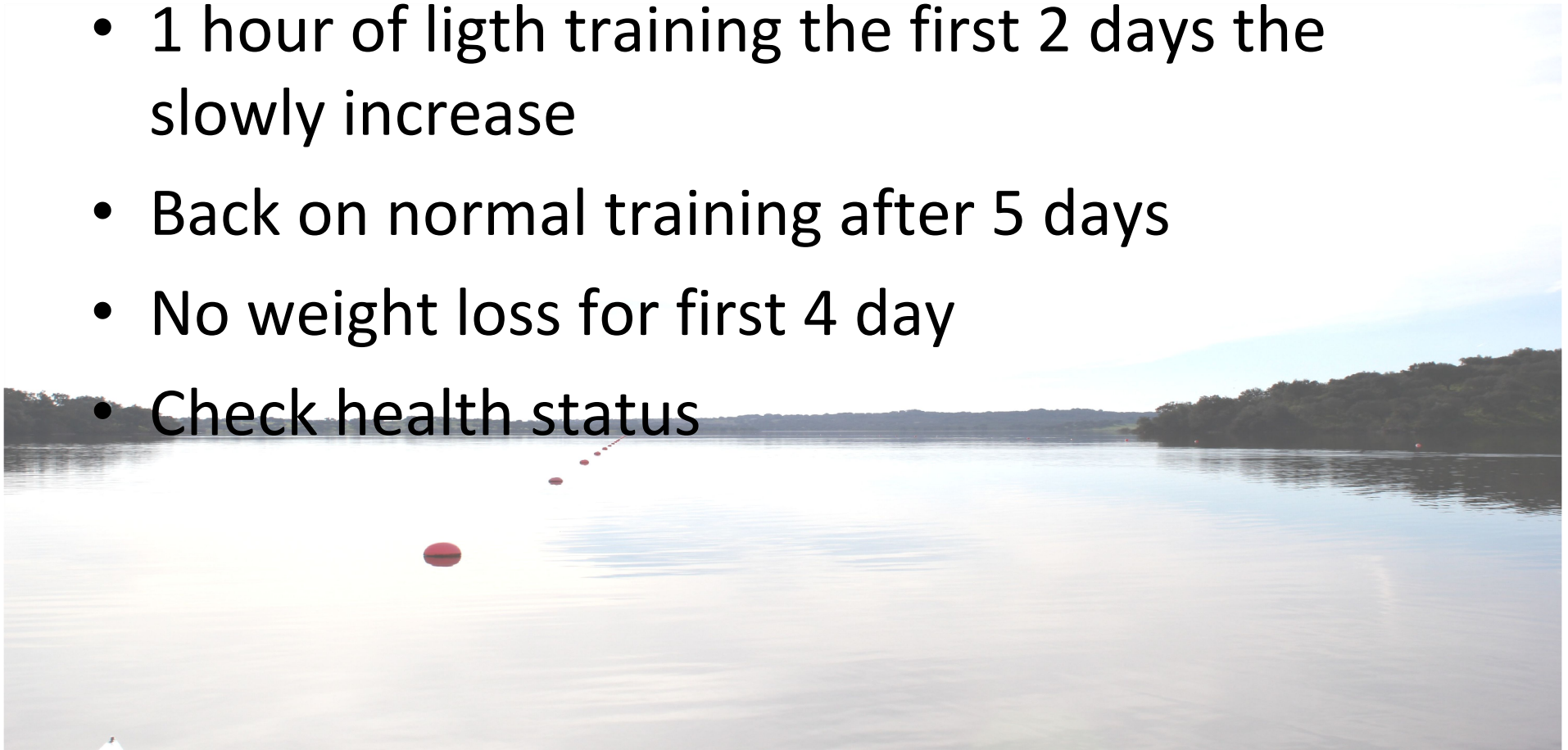
# Training on altitude





## After

- Good recovery
- 1 hour of light training the first 2 days then slowly increase
- Back on normal training after 5 days
- No weight loss for first 4 days
- Check health status

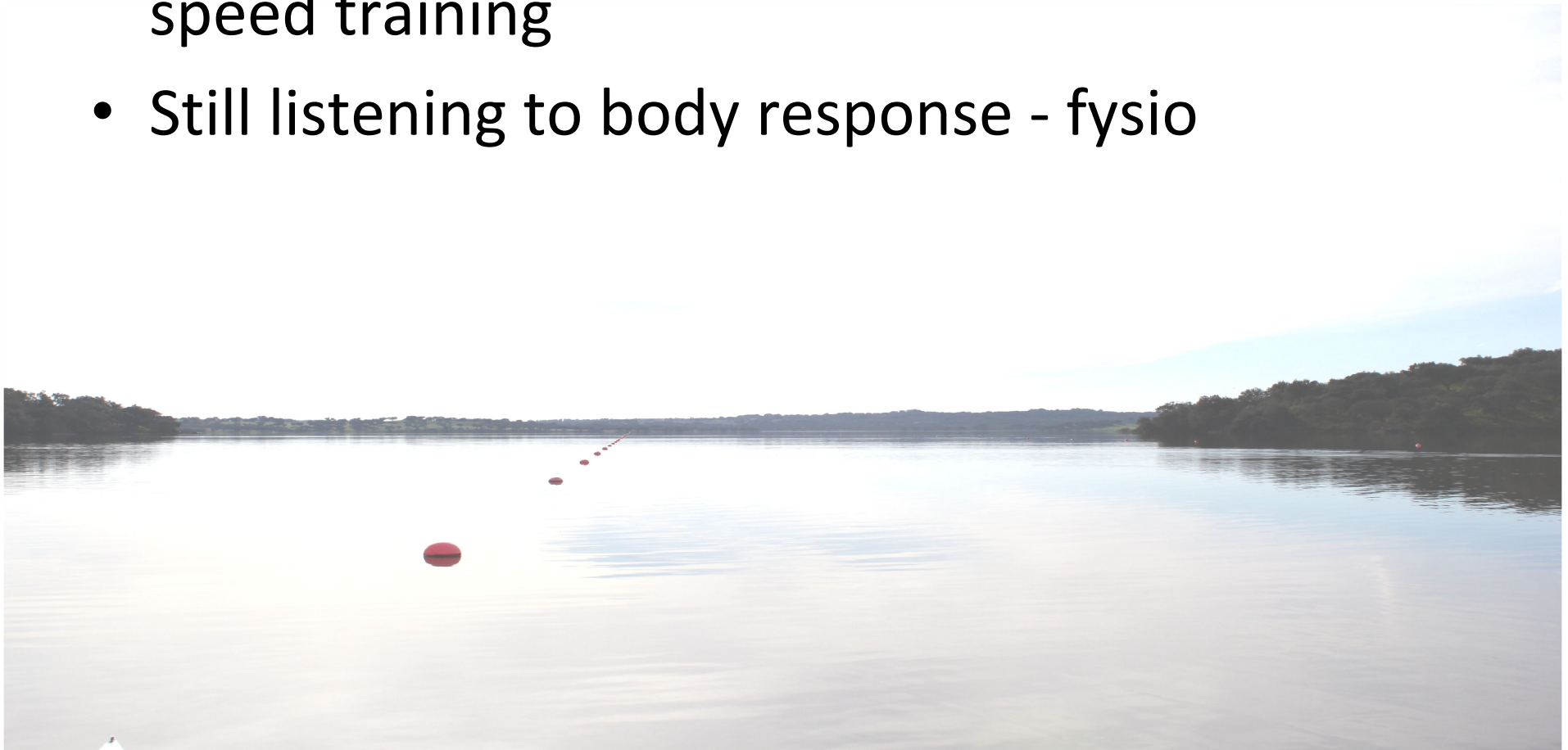






# Training after

- Use the altitude effect on day 5-15 for high speed training
- Still listening to body response - fysio





# Results

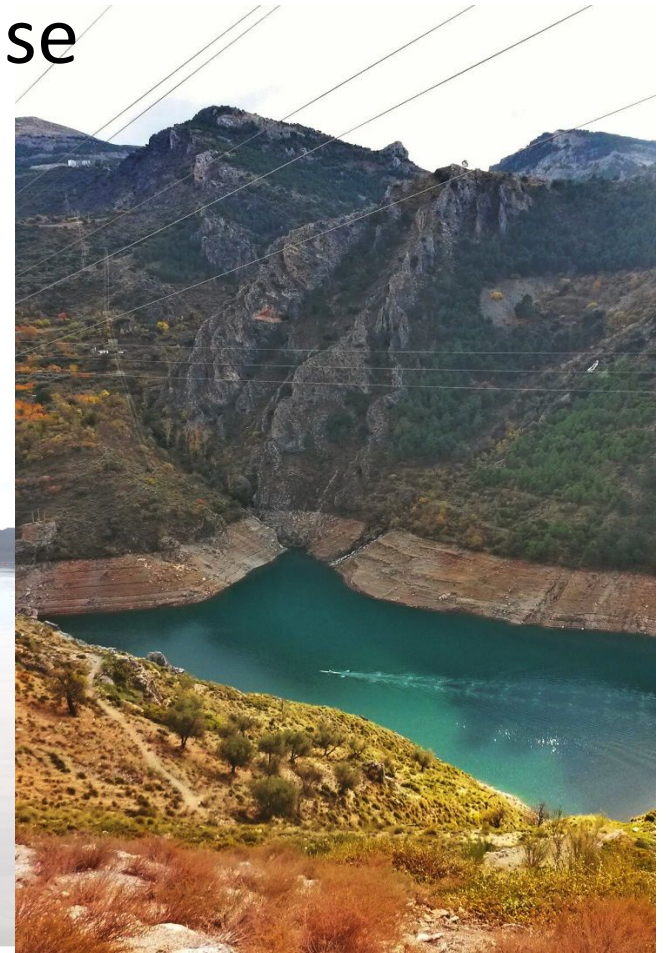
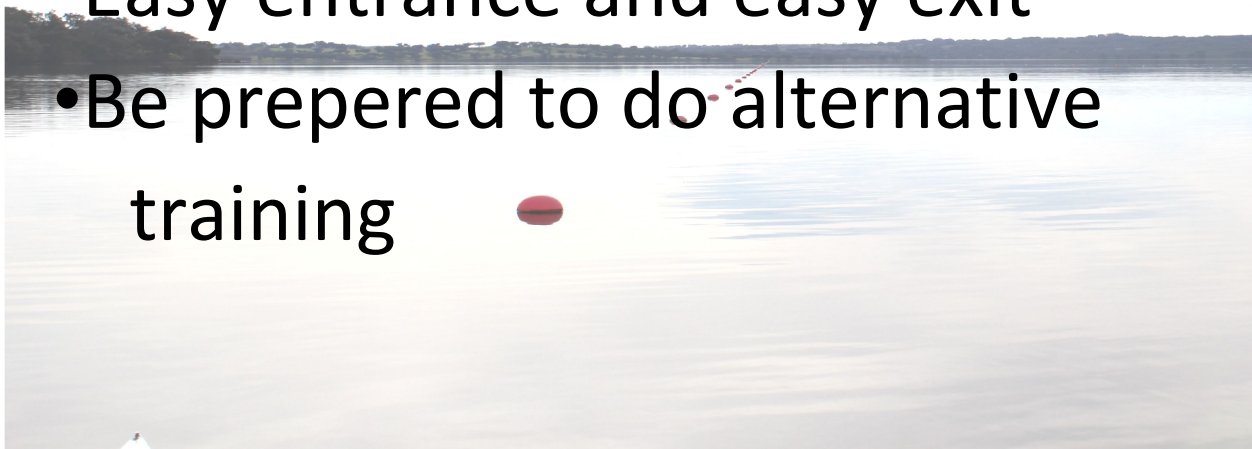
You have to believe and have the experience (try in non important period). Not everybody gains much but no one has lost performance. Ask yourself; what is the Most important for my crew/team.





# Conclusion

- Knowledge, knowledge, and knowledge
- Bare in mind that it is a compromise
- Test your routines of season
- Very easy to train to hard
- Not for every crew/team
- Easy entrance and easy exit
- Be prepered to do alternative training





# Thanks....

...for your attention!

