

## Live High, Train Low, By Allen Lim

### *The Dilemma:*

While living and training at altitude helps stimulate red blood cells and oxygen carrying capacity, athletes cannot train as hard in a hypoxic state as they can at sea level.

### *The Solution:*

Many choose to live at high altitude and drive to a lower altitude for difficult workouts.

### *Tips:*

- Each athlete will respond differently to altitude training, some will see more benefits than others
- Altitude training is beneficial for athletes competing in events longer than 5 minutes, due to the aerobic nature of the sport
- Altitude training is especially important for athletes competing at a high elevation, or against competition with access to altitude training

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