

Modes of training	Recommendation	Benefit
<p>Building-up training e.g. after a training pause or for new entrants</p>	<ul style="list-style-type: none"> - Entry as “painless” as possible; approx. 1 to 4 weeks of respiratory training at a low breathing frequency - 2 to 4 training sessions per week, each from 20 to 30 minutes 	<ul style="list-style-type: none"> - Building up the functional capacity of the respiratory system - Building up the basic endurance - No strain on the heart and cardiovascular system
<p>Regular training Increased performance before the beginning of the competition phase</p>	<ul style="list-style-type: none"> - Training at a high breathing frequency - Each training system must feel like a very great exertion - 3 to 5 training sessions per week, 20-30 minutes each 	<ul style="list-style-type: none"> - Improved functional capacity of the respiratory system - Improved general endurance / performance - Improved basic endurance
<p>Maintenance training in competition Training during the competition phase</p>	<ul style="list-style-type: none"> - Training at an intermediate to high breathing frequency - Each session must feel like a great exertion - 2 to 4 training sessions per week, 20-30 minutes each - No training immediately prior to a meet (fatigue effects) 	<ul style="list-style-type: none"> - Maintaining the high functional capacity of the respiratory system - Maintaining the endurance performance - Maintaining the basic level of endurance
<p>Warming up before a race</p>	<ul style="list-style-type: none"> - 2 to 4 minutes training at a high breathing frequency immediately prior to the start 	<ul style="list-style-type: none"> - Efficient and effective preparation of the entire respiratory system for the imminent competition
<p>Maintenance training during interruptions Training while recovering from injuries or inactivity</p>	<ul style="list-style-type: none"> - Training at a high breathing frequency - Each training session must be experienced as an exertion - 2 to 7 training sessions per week, of 20 to 30 minutes each 	<ul style="list-style-type: none"> - Maintaining the high functional capacity of the respiratory system - Maintaining the general endurance-performance at a high level - Maintaining the basic endurance at a high level - Easier resumption of activity after a break