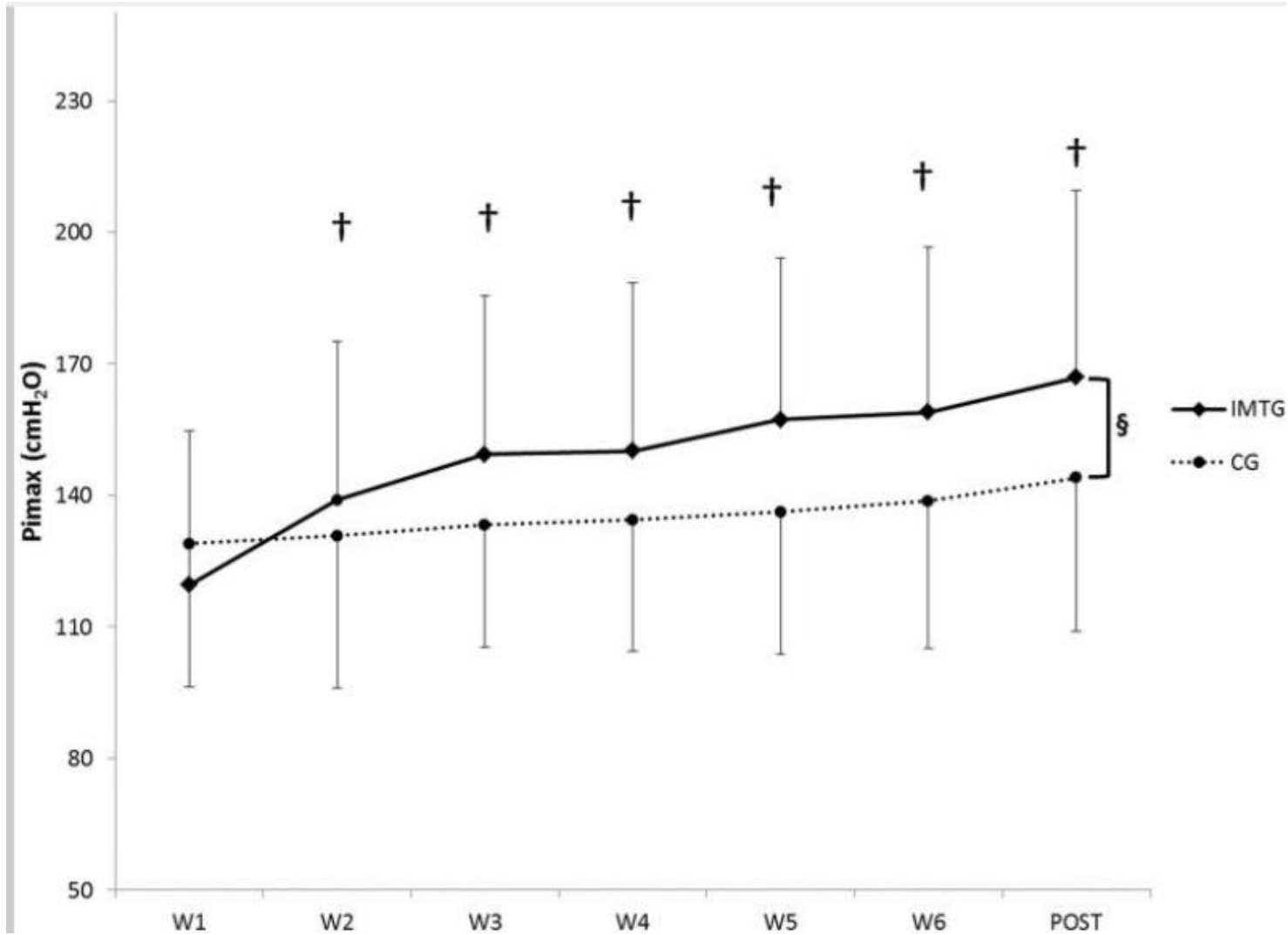
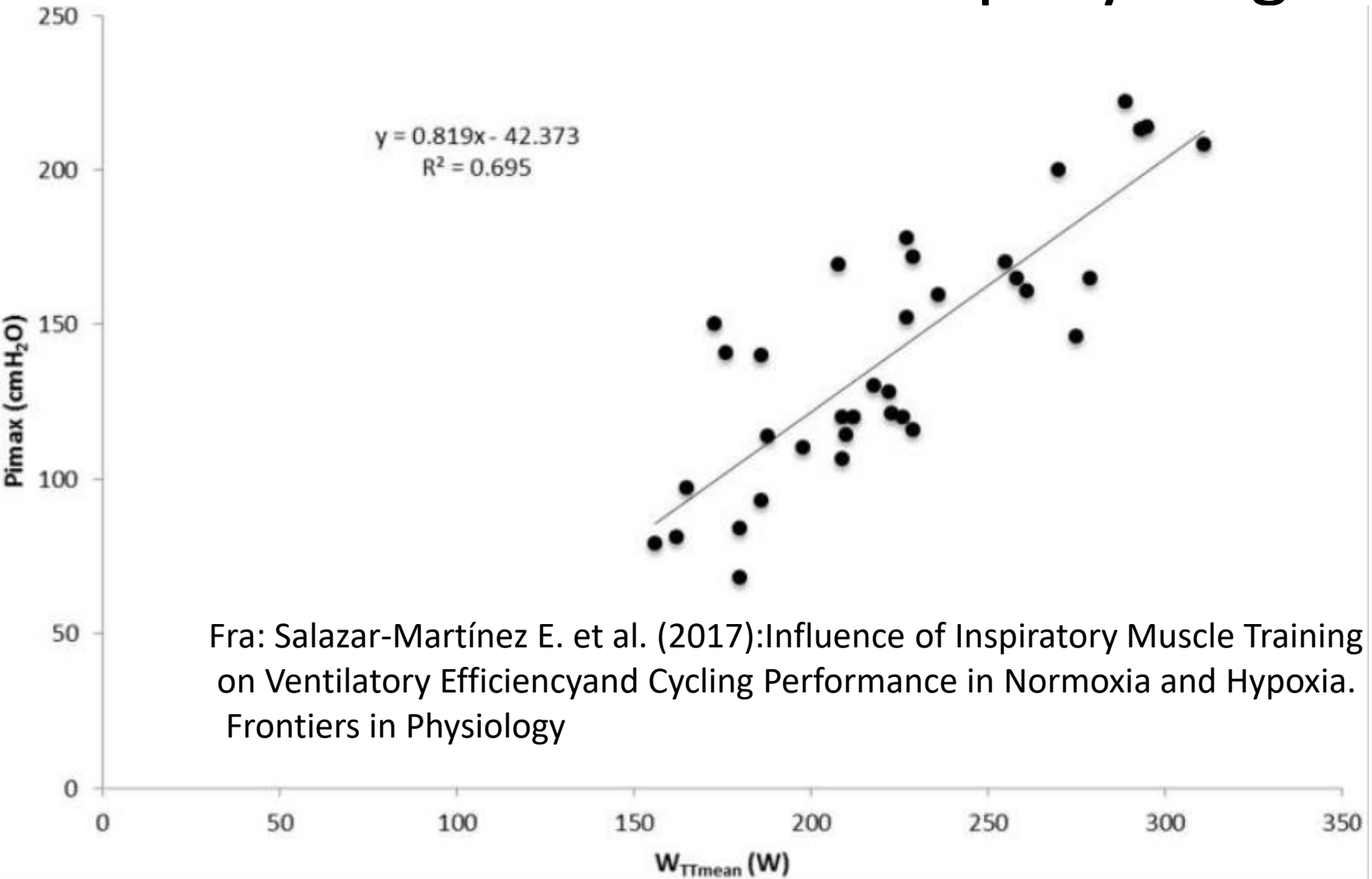


Lungefunksjon og sykling

Kan pustemusklene trenes?



'Innpust-kraft' henger klart sammen med max watt ved temposykling



Fra: Salazar-Martínez E. et al. (2017): Influence of Inspiratory Muscle Training on Ventilatory Efficiency and Cycling Performance in Normoxia and Hypoxia. Frontiers in Physiology

Table 4. Results of 20 and 40 km time-trial performances for the inspiratory muscle training and placebo groups pre- and post-intervention (mean \pm $s_{\bar{x}}$)

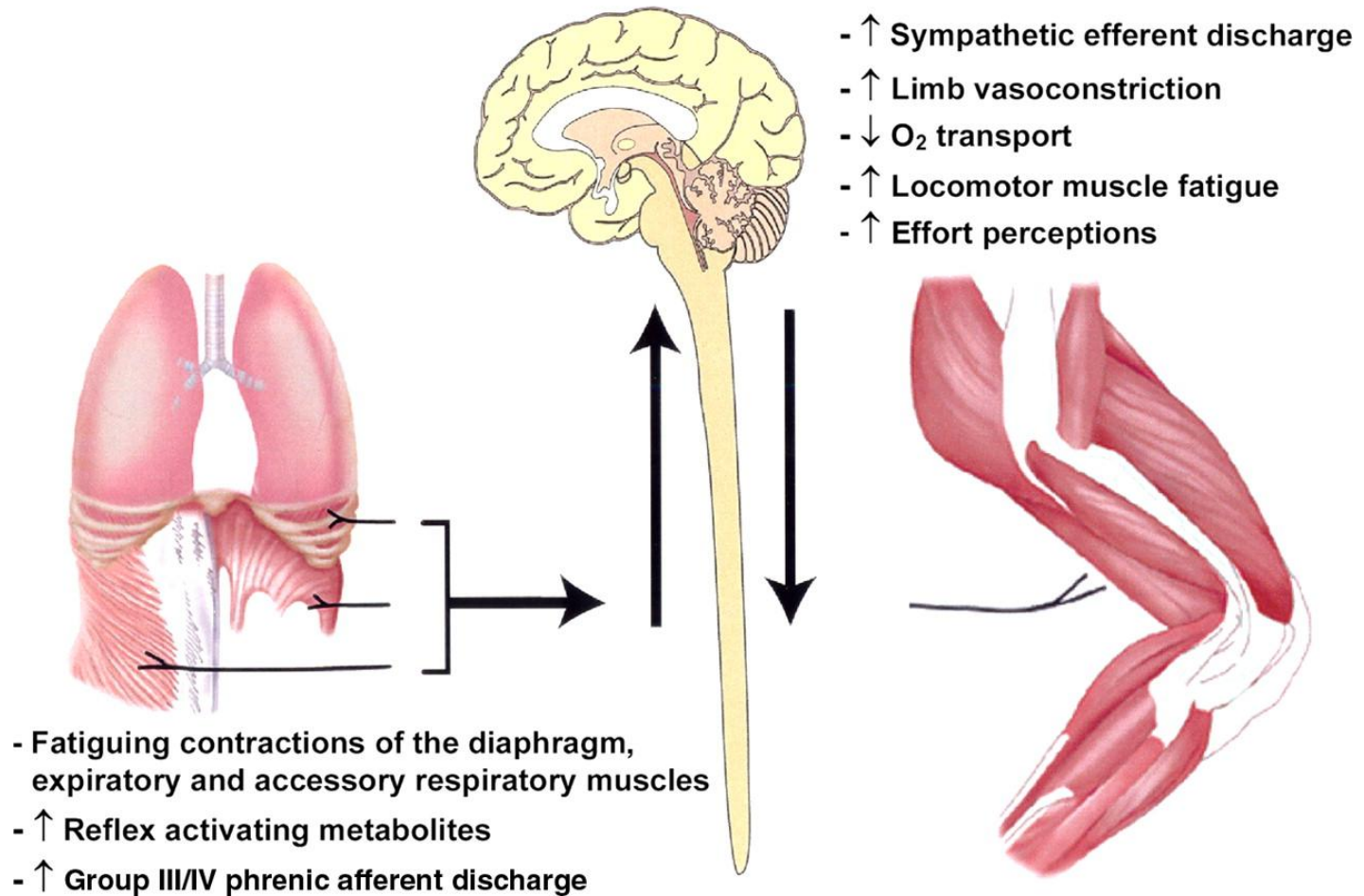
	Inspiratory muscle training ($n = 8$)		Placebo ($n = 8$)	
	Pre-	Post-	Pre-	Post-
20 km time-trial				
Time (s)	1777 \pm 28	1716 \pm 38*	1813 \pm 15	1817 \pm 14
Power (W)	294 \pm 8 (83 \pm 1)	305 \pm 9* (85 \pm 2)	308 \pm 13 (82 \pm 1)	307 \pm 12 (81 \pm 1)
Heart rate (beats \cdot min ⁻¹)	170 \pm 4 (93 \pm 1)	170 \pm 4 (94 \pm 1)	173 \pm 2 (92 \pm 1)	173 \pm 2 (93 \pm 1)
40 km time-trial				
Time(s)	3540 \pm 92	3419 \pm 97**	3602 \pm 61	3595 \pm 60
Power (W)	271 \pm 8 (77 \pm 2)	280 \pm 9** (78 \pm 2)	284 \pm 13 (75 \pm 1)	284 \pm 12 (76 \pm 1)
Heart rate (beats \cdot min ⁻¹)	166 \pm 4 (90 \pm 2)	166 \pm 4 (91 \pm 2)	171 \pm 4 (91 \pm 2)	170 \pm 3 (91 \pm 1)

Note: Values in parentheses represent percentage of maximum.

* Significant interaction effect ($P \leq 0.05$). ** Significant interaction effect ($P \leq 0.01$).

Schematic of the proposed respiratory muscle metaboreflex and its effects.

RESPIRATORY MUSCLE METABOREFLEX



Lee M. Romer, and Michael I. Polkey J Appl Physiol
2008;104:879-888

Journal of Applied Physiology

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