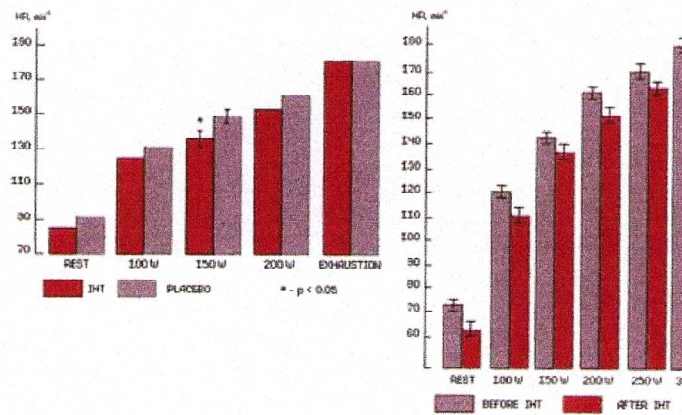


IHT IN SPORTS

SCIENTIFIC AND CLINICAL LABORATORY OF HYPOXIA MEDICAL ACADEMY

Studies on athletes volunteers demonstrated that **Interval Hypoxic Training (IHT)** significantly decreased heart rate and pulmonary ventilation at submaximal exercise as compared with placebo group (Fig. 15). Lower heart rate was suggested to be compensated by the increased stroke volume. Double product values (heart rate x systolic blood pressure) at 150 W load, an indirect indicator of oxygen consumption by myocardium, was also decreased after IHT (IHT 19991 ± 2068 , placebo 21647 ± 2224 , $p < 0.05$). Thus, IHT improves the reserves of the organism, providing for the economical fulfillment of exercise. IHT improves the functional and psychophysiological state of athletes and increases both their general and special physical capacity (in rowers, swimmers, cyclists, skiers, volleyball players, track and field athletes, etc.) (Fig. 16).



The efficiency of IHT in improving conditioning and performances of athletes makes IHT a promising component of complex training as well as a possible substitute for training in the mountains.