

SpiroTiger[®] training applications and variations



When the performance of the respiratory muscles has reached a certain level it is possible to start varying training. This not only ensures that motivation remains high – it also sets a range of targets for training. Those parts of the body that are targeted for training will strengthen. Setting training targets – that vary in their duration and frequency – allows a more versatile increase in performance of the respiratory musculature.

The following sets out some ideas for training applications and variations.

Warm-up

A warm-up is carried out before intensive training sessions. The warm-up optimally prepares the respiratory system for the coming stress.

Duration	Respiratory rate	Note
2 minutes	24 - 26	Focus on optimum breathing technique

The warm-up is also suitable preparation for endurance and strength training.

Basic and high frequency training

There are basically two forms of training – basic training and high frequency training.

Basic training (basic endurance): Basic training using larger bags and correspondingly lower respiratory rates corresponds for instance with the level of respiratory stress experienced when walking on level ground. Rhythmic, deep breathing is important.

High frequency training (speed, mobility): High frequency training at higher respiratory rates and a correspondingly smaller bag simulates the level of respiratory stress experienced when climbing gradients, jostling for position or during the final spurt towards the finishing line. Speed of movement, upper body mobility and a high degree of muscle coordination are required.

Interval training

Interval training sessions alternate between higher respiratory rates and lower respiratory rates. This training variant simulates sports that require short bursts of intensive energy followed by a short recovery period. Players of sports such as ice hockey or handball for example, profit from this form of training. Further examples where interval training is advantageous include intermediate sprints and attacks in cycling, and climbing gradients during distance running.

Examples of interval sessions:

Duration	Respiratory rate	Sequence
4 x 5 minutes	25/30	5 minutes at a respiratory rate of 25, then 5 minutes at a respiratory rate of 30. Repeat this sequence.
10 x 2 minutes	22/33	2 minutes at a respiratory rate of 22, then 2 minutes at a respiratory rate of 33. Repeat this sequence 5 times.
20 x 1 minutes	Max./relaxed	All-out training. 1 minute maximum, then 1 minute relaxed. Repeat this sequence 10 times.

Buildup run

During a buildup run (or acceleration sprint) the respiratory rate is regularly increased at a predefined time interval. This form of stress simulates for example, a chase or final spurt in a long-distance race.

Examples of buildup run training:

Duration	Respiratory rate	Sequence
1 x 10 minutes	Start 26, end 35	Increase the frequency by 1 every minute, starting at 26
1 x 30 minutes	Start 21, end 35	Increase the frequency by 1 every 2 minutes, starting at 21

Training-specific exercises

For advanced users further exercises – which offer different variations – have been especially developed for use with the SpiroTiger®. These exercises are not only useful for training the respiratory muscles; they are good for improving general fitness and coordination as well. Thanks to this range of variations, training remains interesting and therefore maintains the athlete's motivation to continue using the SpiroTiger®.

You can obtain training-specific exercises directly from idiag AG.