

# SpiroTiger<sup>®</sup> - modifying the training intensity



The following sequence applies as a general rule when controlling intensity with the SpiroTiger<sup>®</sup>:

1. Modify the duration of training session → 2. Modify the respiratory rate → 3. Modify the bag volume

## Modifying the duration of training session

The first thing to do when increasing intensity is to increase the duration of a training session that is carried out without a break. This is explained in the dossier *Guidelines for SpiroTiger<sup>®</sup> training - first steps*. If the athlete is unable to achieve the guideline figures, the duration of a training session should always be reduced first.

## Modifying the respiratory rate

**Increase by 1-2 breaths/min if:**

- Subjective feeling is *very relaxed* – *relaxed*
- It must be possible to reliably maintain the required rhythm and depth of respiration without effort

**Reduce by 1-2 breaths/min if:**

- Subjective feeling is *very strenuous*
- It is not possible – or only possible intermittently – to maintain the required rhythm and depth of respiration
- There is a strong urge to cough
- Collapse of the respiratory tract or there are wheezing, whistling or snoring sounds
- Patient feels unwell

## Modifying the bag volume

**Increase by 0.2 litre ( $\pm 1.5$ -2cm) if:**

- Subjective feeling is *very relaxed* – *relaxed*
- Arrow display for depth of respiration shows  $\nabla$ , valve is open too long → Incorrect training technique
- The range of movement during inhalation or exhalation is not exploited to its full potential

**Reduce by 0.2 litre ( $\pm 1.5$ -2cm) if:**

- Subjective feeling is *very strenuous*
- Arrow display for depth of respiration shows  $\blacktriangle$ , valve not open long enough → Incorrect training technique
- The volume of air inhaled cannot be exhaled in time (hyperinflation of the lungs, breathlessness)
- The upper auxiliary respiratory muscles (shoulders, neck, throat) are under extreme stress
- There is a strong urge to cough
- Collapse of the respiratory tract as a result of exhaling due to exertion or there are wheezing, whistling or snoring sounds