

BREATHING

MINDSET

ACTIVE
RECOVERY DAY

Breathing is often taken for granted, but it's something we do more than 20,000 times a day and it has a large influence on performance. Take the time to master your breathing and improve your overall performance.

Poor breathing compromises performance by limiting the amount of oxygen delivered to the muscle tissue and vital organs, resulting in compensatory and inefficient muscle mechanics.

ASSESS YOUR BREATHING

There are two main patterns of breathing. **Apical breathing** is when the majority of movement is limited to the upper chest. These breaths are shallow and inefficient.

Diaphragmatic breathing is a more effective pattern of breathing where your rib cage expands in all directions, from top to bottom, back to front, and into the sides.

Take the time to assess your breathing frequently throughout the day. Laying on your back, place one hand on your chest, and one hand on your stomach. Take a deep breath in. If only your top hand moves, this is an apical breath. If your hand on your stomach moves toward the ceiling when you breathe in, this is a good diaphragmatic breath.

During your next workout, pay attention to your breathing patterns at different intensities. Does your breathing method change as intensity increases?

TECHNIQUES

Breathing plays a role in optimal nervous system function, proper motor function, relaxation, and focus. Try five reps of these breathing tempos the next time you're faced with any of these situations.

Inhale : Hold : Exhale (seconds)
X = Explosive

01 | **ANXIETY** 6 : 4 : 10

02 | **MEDITATING** 8 : 4 : 12

03 | **BEFORE BED** 6 : 4 : 12

04 | **PRE-RUN** 6 : 2 : X