

	COACHES NOTES	A.M.	TRAINING	P.M.
MONDAY	<p>This phase we are beginning with some very basic nasal opening exercises and breath rhythms.</p> <p>The Cadence work is provide a simple and smooth pattern that will allow you to focus your attention on the nasal passages. Do not push the cadence rhythm to a too challenging a place. The point is to stimulate the sinuses. Not challenge your ventilation capacity unnecessarily. The nostril pulling will offer some artificial assistance at first in opening the nasal passages. Be gentle.</p>	<p>From a formal breathing position:</p> <p>a) Cadence 1a 1010 5-7 breaths L nostril only 5-7 breaths R nostril only</p> <p>b) Cadence 1a 1010 5-7 breaths nostril pulling</p> <p>c) Cadence 1a 1010 5-7 breaths L nostril only 5-7 breaths R nostril only</p> <p>*Compare parts a & c for quality of breath cycle</p>		
TUESDAY	<p>Holding a stone or water in your mouth while moving can be an interesting way to improve your nasal breathing skills while working.</p> <p>This technique has stood the test of time well as an amazing tool for learning to use your nose while moving.</p> <p>Keep your mind focused on what you are doing and HOW it is effecting you!</p>		<p>During warm up for training or at a separate time:</p> <p>5:00-10:00 Walking with water or a smooth stone in your mouth.</p> <p>Maintain Cadence 1a nasal breathing the entire time. Don't concern yourself too much with your base number at this time. Just maintain a smooth and even inhale and exhale through your nose.</p> <p>Do not swallow any water during your walk (or choke on the stone..!).</p>	
WEDNESDAY	<p>Single nostril breathing can present a challenge and may knock you down a peg even if you've already been doing a breath practice.</p> <p>The juice is worth the squeeze!</p>	<p>From a formal breathing position:</p> <p>a) Cadence 1a 1010 5-7 breaths L nostril only 5-7 breaths R nostril only</p> <p>b) Cadence 1a 1010 5-7 breaths nostril pulling</p> <p>c) Cadence 1a 1010 5-7 breaths L nostril only 5-7 breaths R nostril only</p> <p>*Compare parts a & c for quality of breath cycle</p>		