

SHIFT

BREATHE DAILY TRAINING PROGRAM - SAMPLE

NOTES

Our recommendation for what parts you should do,

CO₂TT <:30 - A only

CO₂TT :30 - :60 - A/B or B/C

CO₂TT >:60 - Any or All

MONDAY

A) 10-20 cycles of Cadence 1a (1010) based on CO₂TT

B) 10 cycles of Apnea 2 (1320) based on CO₂TT

C) 10, 9, 8, 7, 6, 5, 4, 4 breath cycles of Cadence 1a based on CO₂TT minus 2-3sec w/an inhale breath hold between each of the breath cycles until you feel a very strong urge to breathe.

TUESDAY

A) 10-20 cycles of Cadence 1a (1010) based on CO₂TT

B) 10:00 Walking CO₂ Tolerance

While walking take 5 nasal only breaths followed by an exhale hold for as many steps as you can. Immediately transition back to 5 nasal breaths and repeat for 10:00

C) 2hrs or < before bed

10-20 cycles of Apnea 2 or Cadence 2 (choose which down-regulates you best)

WEDNESDAY

A) 10-20 cycles of Cadence 1a (1010) based on CO₂TT

B) 10 cycles of Apnea 2 (1320) based on CO₂TT

C) 10, 9, 8, 7, 6, 5, 4, 4 breath cycles of Cadence 1a based on CO₂TT minus 2-3sec w/an inhale breath hold between each of the breath cycles until you feel a very strong urge to breathe.

THURSDAY

A) 10-20 cycles of Cadence 1a (1010) based on CO₂TT

B) 10:00 Walking CO₂ Tolerance

While walking take 5 nasal only breaths followed by an exhale hold for as many steps as you can.

Immediately transition back to 5 nasal breaths and repeat for 10:00

C) 2hrs or < before bed

10-20 cycles of Apnea 2 or Cadence 2 (choose which down-regulates you best)

FRIDAY

A) 10-20 cycles of Cadence 1a (1010) based on CO₂TT

B) 10 cycles of Apnea 2 (1320) based on CO₂TT

C) 10, 9, 8, 7, 6, 5, 4, 4 breath cycles of Cadence 1a based on CO₂TT minus 2-3sec w/an inhale breath hold between each of the breath cycles until you feel a very strong urge to breathe.

SATURDAY

A) 10-20 cycles of Cadence 1a (1010) based on CO₂TT

B) 10:00 Walking CO₂ Tolerance

While walking take 5 nasal only breaths followed by an exhale hold for as many steps as you can.

Immediately transition back to 5 nasal breaths and repeat for 10:00

C) 2hrs or < before bed

10-20 cycles of Apnea 2 or Cadence 2 (choose which down-regulates you best)