



**POWER**<sup>®</sup>  
**breathe**  
the world's no.1 breathing trainer<sup>SM</sup>

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*Eight time IronMAN finisher and  
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### **Excerpts from a letter written to HaB Oceania:**

"I thought I would touch base again to let you know how I'm progressing with POWERbreathe and how I went in the Great Ocean Road 14km fun run on the weekend. I managed to improve my finishing placing from 17th to 8th overall and took 2:22 off last year's time, reducing my finishing time from 54:58 to 52:36.

Here is a summary of the benefits I have noticed since I started using POWERbreathe 5 weeks ago:

- It previously took me 10-15 minutes to get my breathing going when I first started to run, but I now use POWERbreathe prior to training and the perceived effort of my breathing when I first start out has reduced significantly, allowing me to run quicker from the outset
- In the first week I started, I managed to exceed my lactic acid threshold in an interval set, but my lactic acid threshold has improved significantly and haven't managed to exceed it since, despite running at a higher heart rate.
- As I suffer from asthma, I normally have to use my asthma medication prior to a race as a preventative measure, but this time around I used the POWERbreathe 15-20 minutes before the race start and I didn't experience my usual breathlessness at the start. Pre POWERbreathe days I normally had to start a race/training at a slower pace and increase my pace after 5-10 mins, but as the perceived effort of my breathing was significantly lower on the weekend, I was able to maintain deep diaphragm breathing from the start, which allowed me run at 3.20km pace in the first couple of kms to establish a position in the top 10.
- At no stage during the race did I experience lactic acid, despite pushing my heart rate above my previous threshold levels over the last couple of kms.
- After a hard training session or race in the past, I used to experience pressure/heaviness in my chest and periods where I felt like I couldn't draw in a full breathe for a couple of days after, but I haven't experienced this sensation over the past 5 weeks.
- As part of my taper I stopped using my POWERbreathe after Thursday night's session and it seemed to work ok this time around.

Many people have passed comment on the recent improvements in my running. I have no hesitation in letting them in on my secret training and highly recommend the benefits and improvements I have experienced with power breathe to them.

It has only been 5 weeks since I started using my POWERbreathe, but I believe it will allow me to lower my half marathon PB of 1:18:43 I set back in 2003, prior to being diagnosed with sports asthma. At the age of 42 I thought my PB days were passed me, but I now have the confidence that I can lower it with POWERbreathe."