

ALTITUDE



INTERESTED IN WHAT THE PROS THINK?

"ALTITUDE HAS PUSHED ME BEYOND LIMITS I DIDN'T THINK WERE POSSIBLE. I HAVE SEEN HUGE IMPROVEMENTS IN MY TRAINING, RACING, AND BODY THAT HAVE ALL LED TO NEW HEIGHTS. A MUST HAVE IF YOU ARE SERIOUS ABOUT PUSHING THE ENVELOPE."

ED MOSES - WORLD RECORD HOLDER (2002, 2004), OLYMPIC CHAMPION (2000), SEVEN-TIME US NATIONAL SWIMMING CHAMPION

"I CAN'T GO WITHOUT IT!"

GEORGE HINCAPIE - TOUR DE FRANCE STAGE WINNER (2005), US PROFESSIONAL ROAD RACE CHAMPION (2006), ELEVEN-TIME TOUR DE FRANCE VETERAN

"I HAVE BEEN USING SIMULATED ALTITUDE TRAINING FOR JUST THREE-AND-A-HALF WEEKS AND MY HEMATOCRIT AND HEMOGLOBIN LEVELS HAVE BOTH INCREASED OVER 6%."

T.J. TOLLAKSON - AMATEUR TRIATHLETE OF THE YEAR (2005), INSIDE TRIATHLON AMATEUR MAN OF THE YEAR (2005)

"AFTER BEING EXPOSED TO ALTITUDE FOR ONLY ONE MONTH, MY HEMATOCRIT AND RED BLOOD CELL LEVELS HAVE GONE UP DRAMATICALLY. I BREATHE EASIER AND RECOVER FASTER. I WOULD DEFINITELY RECOMMEND ALTITUDE TRAINING TO ANYONE WHO WANTS AN EXTRA EDGE ON THE COMPETITION."

MEGAN QUANN - WORLD RECORD HOLDER (2000), OLYMPIC CHAMPION (2000), TEN-TIME US NATIONAL SWIMMING CHAMPION

DID YOU KNOW?

A SURVEY OF THE 2004 ATHENS OLYMPIC GAMES MEDALISTS FOUND MORE THAN 80% OF THE ATHLETES USED ALTITUDE TRAINING AS PART OF THEIR PREPARATION.