

Eur J Appl Physiol 1978 Feb 21;38(1):55-69

Effects of simulated altitude training on aerobic and anaerobic power.

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Five trained males aged 20-23 years undertook successive phases (2-5 weeks duration) of daily training in normoxia or hypoxia. Weekly exhaustive tests alternately in normoxia or hypoxia, throughout, assessed the comparative efficacy of the training. The relative contribution to endurance, aerobic (peak VO₂) and anaerobic (deltaLa) power made by exercise or hypoxia separately was studied. In a stepwise increasing work test to exhaustion relative bradycardia developed during the first minute of exhaustive work at 1800 kgm/min in all subjects and aerobic power increased both in normoxia and hypoxia significantly by the end of the first phase hypoxic training. Endurance for exhaustive work increased in both environments as did aerobic and anaerobic power.