

# Contents

Foreword vi | Preface vii | Acknowledgments xi

<b>Part I</b>	<b>The Science of Breathing</b>	<b>1</b>
<b>Chapter 1</b>	Breathing During Exercise . . . . .	3
<b>Chapter 2</b>	Performance Limitations of Breathing Muscles . . . . .	29
<b>Chapter 3</b>	Training Response of Breathing Muscles . . . . .	51
<b>Chapter 4</b>	Performance Benefits of Breathing Muscle Training . . . . .	57
<b>Part II</b>	<b>Breathing Muscle Training</b>	<b>77</b>
<b>Chapter 5</b>	Training the Breathing Muscles . . . . .	79
<b>Chapter 6</b>	Building Your Foundation . . . . .	93
<b>Chapter 7</b>	Training for Exercise and Fitness . . . . .	113
<b>Chapter 8</b>	Training for Endurance Sports . . . . .	125
<b>Chapter 9</b>	Training for Team Sports . . . . .	143
<b>Chapter 10</b>	Training for Racket, Striking, and Throwing Sports. . . . .	155
<b>Chapter 11</b>	Exercises for Breathing Muscle Training . . . . .	165

References 267 | Index 270 | About the Author 275