

# 4-WEEK TRAINING PROGRAM

# BREATHWORK

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LEVERAGE YOUR BREATH FOR BETTER  
PERFORMANCE AND MENTAL AGILITY.





# INTRODUCTION

## **Train Your Body To Stay Calm Even In Oxygen Deprivation.**

In the next 4 weeks you'll learn breathing exercises that will improve your physical and cognitive performance so you have more capacity when you and your crew needs it.

### **After 4 weeks of this training, you'll experience:**

- Clearer Thinking
- Longer Endurance
- Improved Performance
- A Healthier Stress Response

### **Have you ever...**

- Felt breathless after physical exertion, but needed to keep going
- Questioned whether you had the fitness to perform your job
- Had difficulty concentrating in a critical situation
- Felt stressed after a difficult call and struggled to recover
- Had difficulty falling asleep or staying asleep

**If you answered “yes” to any of these questions, you’re not alone.**



# INTRODUCTION

**Breathing is foundational to everything a firefighter does:**

- Blood circulation - proper breathing delivers more blood to working tissues
- Oxygen delivery - more oxygen will make it from your lungs to your tissues where it's needed and reduce lactic acid build up
- Lower respiratory rate - fewer breathes equals lower energy expenditure at the work effort
- CO<sub>2</sub> clearance - more CO<sub>2</sub> clearance means you can work harder for longer

## **Benefits Of Breathwork**

- Deeper sleep - losing sleep is part of the job, but you can improve what you get
- Better at handling stress - harnessing your breath helps you stay calm and bounce back from stressful situations
- Improved recovery - improved breathing helps you spend more of your day in the rest and digest mode necessary for your body to repair and favorably adapt
- Improved focus - it's hard to think straight when you're out of breath

**Breathing happens 24/7 so a 1% improvement is massive for your wellbeing and performance!**

# MEET MIKE



**MIKE SALEMI**

Your Guide

Mike specializes in human performance and is a sought-after international presenter in the field of health and fitness. Mike has a diverse background in strength and conditioning and has competed over the course of 15+ years at an elite level in Powerlifting and Kettlebell Sport. Mike has also done extensive breathwork training. He trained under Patrick McKeown, founder of Oxygen Advantage, and has completed trainings in trauma focused breathwork.

Through his own path of resolving sport-related injuries, Mike understands the importance of integrating the body, mind, and spirit to foster high performance for the long term. His motivation is to help athletes, fitness professionals, coaches, and first responders discover their own potential from the inside-out.

# WHAT TO EXPECT

## **It's Simple**

Follow the plan 3-5 days a week for the next 4 weeks and you'll be working harder with less of that "all I can think about is breathing" kind of fatigue that comes with the badass work firefighters do.

## **It's Fun**

I'm talking about the fun of passing someone on your crew who spends hours and hours at the gym, but hasn't learned how to effectively train their lungs.

## **Massive Results With Little Time**

Exercises that train your breathing muscles are THE most effective, powerful thing you can do to improve your physical and cognitive performance.

# WEEK 1

## **Agenda:**

BOLT

Exercise #1

**FIRST, test your body oxygen levels using the BOLT.**

BOLT (Body Oxygen Level Test) Instructions:

1. Take a normal, silent breath in through your nose
2. Allow a normal, silent breath out through your nose
3. Hold your nose with your fingers to prevent air from entering your lungs
4. Count and record the number of seconds until you feel the first distinct desire to breathe in
5. Write down your score so you can see how you improve over the next 4 weeks.

**BOLT Instructions and Demo Video:**

<https://vimeo.com/660324927/66e791d6ba>

**(See next page for exercise #1)**

# WEEK 1

## **Training Exercise #1, 5 minutes**

- 2 min - Walk in place while nasal breathing (or do this while actually on a walk)
- 1 min - cover one nostril and breathe gently
- 1 min - cover the other nostril and breathe gently
- 1 min - recover using nasal breathing

## **Exercise #1 Follow Along Video:**

<https://vimeo.com/673750855>

**Perform this exercise 3-5 days this week.**

# WEEK 2

**Agenda:**

BOLT (if time, or start with exercise #1)

Exercise #1

Exercise #2

**Perform these exercises 3-5 days this week.**

**BOLT Video:**

<https://vimeo.com/660324927/66e791d6ba>

**Exercise #1 Follow Along Video:**

<https://vimeo.com/673750855>

**Training Exercise #2, 5 minutes**

- 1 min - jog in place breathing gently through your nose
- 1 min - walk to recover using 6 minimal breaths then 12-18 normal
- 1 min - jog in place breathing gently through your nose
- 1 min - walk to recover using 6 minimal breaths then 12-18 normal
- 1 min - jog in place breathing gently through your nose

**Exercise #2 Follow Along Video:**

<https://vimeo.com/674025232>



# WEEK 3

## **Agenda:**

BOLT (if time, or start with exercise #1)

Exercise #1

Exercise #2

Exercise #3

**Perform these exercises 3-5 days this week.**

## **BOLT Video:**

<https://vimeo.com/660324927/66e791d6ba>

## **Exercise #1 Follow Along Video:**

<https://vimeo.com/673750855>

## **Exercise #2 Follow Along Video:**

<https://vimeo.com/674025232>

## **Training Exercise #3, 5 minutes**

While walking or marching in place:

- Take a normal inhale and exhale
- Pinch your nose and hold your breath
- Hold for 10-15 paces
- Recover with nasal breathing for 30-60 seconds
- Repeat for 5 rounds

## **Exercise #3 Follow Along Video:**

<https://vimeo.com/674026542>

# WEEK 4

**Agenda:**

BOLT (if time, or start with exercise #1)

Exercise #1

Exercise #2

Exercise #3

Exercise #4

**Perform these exercises 3-5 days this week.**

**BOLT Video:**

<https://vimeo.com/660324927/66e791d6ba>

**Exercise #1 Follow Along Video:**

<https://vimeo.com/673750855>

**Exercise #2 Follow Along Video:**

<https://vimeo.com/674025232>

**Exercise #3 Follow Along Video:**

<https://vimeo.com/674026542>

**(See next page for exercise #4)**

# WEEK 4

**Do not do this exercise if you are prone to anxiety or panic disorder, are pregnant, or have a history of heart conditions.**

## **Training Exercise #4, 5 minutes**

Same as Walking Breath Holds, but jog instead of walk during the breath holds. This exercise should be challenging, but not stressful.

### **While walking or marching in place:**

- Take a normal inhale and exhale
- Pinch your nose and hold your breath
- Increase pace to a jog and hold for 10-15 paces
- Recover with 6 quick breaths nasal breathing for 30-60 seconds
- Repeat for 5 rounds

### **Exercise #4 Follow Along Video:**

<https://vimeo.com/674027162>

**At the end of the week, retest for your new and improved BOLT score.**