

Adaptive Breath-Hold Training - Week 1/6

Current Max: 1:58 | Level: Beginner

Personalized Training Plan - Balanced Focus

Experience: Beginner | Current Max: 1:58

This Week's Schedule:

Monday: Adaptive CO2 Table (Recovery)

Personalized CO2 tolerance - Base: 0:31

Tuesday: Adaptive Performance Test

Target: Beat 1:46 (Current goal: +-12s)

Wednesday: Active Recovery

Light mobility, breathing technique practice

Thursday: Adaptive O2 Table

O2 efficiency training - Peak: 1:19

Friday: Adaptive CO2 Table (Standard)

Personalized CO2 tolerance - Base: 0:42

Saturday: Adaptive Technique Work

Skill development and active recovery

Sunday: Complete Rest

Full recovery day

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Monday - Adaptive CO2 Table (Recovery)

Personalized CO2 tolerance - Base: 0:31

Round	Hold Time	Rest	Target RPE
1	0:31	2:30	5-6
2	0:31	2:12	5-6
3	0:31	1:54	5-6
4	0:31	1:36	5-6
5	0:31	1:18	5-6
6	0:31	1:00	5-6

Notes & Performance:

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Tuesday - Adaptive Performance Test

Target: Beat 1:46 (Current goal: +-12s)

Round	Hold Time	Rest	Target RPE
1	1:03	2:30	6-7
2	1:24	3:30	8
3	1:46+	Complete	9

Notes & Performance:

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Wednesday - Active Recovery

Light mobility, breathing technique practice

Notes & Performance:

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Thursday - Adaptive O2 Table

O2 efficiency training - Peak: 1:19

Round	Hold Time	Rest	Target RPE
1	0:37	2:30	6-8
2	0:47	2:30	6-8
3	0:57	2:30	6-8
4	1:07	3:00	8-9
5	1:17	3:00	8-9

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Friday - Adaptive CO2 Table (Standard)

Personalized CO2 tolerance - Base: 0:42

Round	Hold Time	Rest	Target RPE
1	0:42	2:00	7-8
2	0:42	1:45	7-8
3	0:42	1:30	7-8
4	0:42	1:15	7-8
5	0:42	1:00	7-8
6	0:42	0:45	7-8
7	0:42	0:30	7-8

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Saturday - Adaptive Technique Work

Skill development and active recovery

Round	Hold Time	Rest	Target RPE	Focus
1	0:31	2:00	4-6	Box Breathing (4-4-4-4)
2	0:31	2:00	4-6	Relaxation Scan
3	0:31	2:00	4-6	Heart Rate Awareness
4	0:31	2:00	4-6	Mental Focus Training

Notes & Performance:

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Sunday - Complete Rest

Full recovery day

Notes & Performance:
