

Adaptive Breath-Hold Training - Week 2/6

Current Max: 1:58 | Progress: +0:00 | Level: Beginner

Personalized Training Plan - Balanced Focus

Experience: Beginner | Current Max: 1:58 | Recent Progress: 0.0%

This Week's Schedule:

Monday: Adaptive CO2 Table (Recovery)

Personalized CO2 tolerance - Base: 0:34

Tuesday: Adaptive Performance Test

Target: Beat 1:56 (Current goal: +-2s)

Wednesday: Active Recovery

Light mobility, breathing technique practice

Thursday: Adaptive O2 Table

O2 efficiency training - Peak: 1:26

Friday: Adaptive CO2 Table (Standard)

Personalized CO2 tolerance - Base: 0:46

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: 0:34

| Round | Hold Time | Rest | Target RPE |
|-------|-----------|------|------------|
| 1 | 0:34 | 2:30 | 5-6 |
| 2 | 0:34 | 2:12 | 5-6 |
| 3 | 0:34 | 1:54 | 5-6 |
| 4 | 0:34 | 1:36 | 5-6 |
| 5 | 0:34 | 1:18 | 5-6 |
| 6 | 0:34 | 1:00 | 5-6 |

Notes & Performance:

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Tuesday - Adaptive Performance Test

Target: Beat 1:56 (Current goal: +-2s)

| Round | Hold Time | Rest | Target RPE |
|-------|-----------|----------|------------|
| 1 | 1:09 | 2:30 | 6-7 |
| 2 | 1:32 | 3:30 | 8 |
| 3 | 1:56+ | Complete | 9 |

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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: 1:26

| Round | Hold Time | Rest | Target RPE |
|-------|-----------|------|------------|
| 1 | 0:40 | 2:30 | 6-8 |
| 2 | 0:51 | 2:30 | 6-8 |
| 3 | 1:02 | 2:30 | 6-8 |
| 4 | 1:13 | 3:00 | 8-9 |
| 5 | 1:24 | 3:00 | 8-9 |

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Friday - Adaptive CO2 Table (Standard)

Personalized CO2 tolerance - Base: 0:46

| Round | Hold Time | Rest | Target RPE |
|-------|-----------|------|------------|
| 1 | 0:46 | 2:00 | 7-8 |
| 2 | 0:46 | 1:45 | 7-8 |
| 3 | 0:46 | 1:30 | 7-8 |
| 4 | 0:46 | 1:15 | 7-8 |
| 5 | 0:46 | 1:00 | 7-8 |
| 6 | 0:46 | 0:45 | 7-8 |
| 7 | 0:46 | 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 |

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Sunday - Complete Rest

Full recovery day

Notes & Performance:
