

## Warm-up: Oral Breathing\*

3 min of warm-up at the same intensity as the warm-up during the CPET

Minute 3-8

## Break

## Warm-up: Nasal Breathing\*

3 min of warm-up at the same intensity as the warm-up during the CPET

Minute 21-26

## Oral Breathing\*

5 min of submaximal cycling at **50% max Power** with nose clip

## Nasal Breathing\*

5 min of submaximal cycling at **50% max Power** with tape on mouth

Minute 0-3

Minute 8-18

Minute 18-21