

PHYSICAL PERFORMANCES AT ALTITUDE – A SHORT HISTORY

Abstract

Papers about exercise in real or simulated conditions in altitude are delimited in two distinct periods, pre- and post- Olympic Games from Ciudad de Mexico 1968.

A decrease in barometric pressure is the basic cause of high altitude hypoxia (hypobaric hypoxia). Altitude mainly affects aerobic activities rather than anaerobic ones, because the major problem is hypoxia, which significantly reduces oxygen availability. Altitude training may be one „doping without doping” method.

Keywords: altitude, aerobic capacity, anaerobic capacity, performance training.