



BREATHING EXERCISES

— FOR RUNNERS —



Better breathing. Better performance. Better you.

Proper breathing can improve endurance, reduce fatigue, enhance oxygen delivery, and help runners stay calm and efficient during training and races.

1 DIAPHRAGMATIC (BELLY) BREATHING

This exercise strengthens the diaphragm and promotes deeper, more efficient breathing.



GOAL

- Practice for 5–10 minutes daily.
- Helps reduce shallow chest breathing during running.

- 1 Lie on your back or sit comfortably.
- 2 Place one hand on your chest and the other on your abdomen.
- 3 Inhale slowly through your nose so your belly rises.
- 4 Keep the chest relatively still.
- 5 Exhale slowly through pursed lips.

2 RHYTHMIC BREATHING WHILE RUNNING

Matching breathing with foot strikes helps improve rhythm and reduce side stitches.

COMMON PATTERNS



Easy Pace
Inhale for 3 steps,
exhale for 3 steps

3:3



Moderate Pace
Inhale for 2 steps,
exhale for 2 steps

2:2



Faster Pace
Inhale for 2 steps,
exhale for 1 step

2:1

BENEFITS



Improves
running rhythm



Reduces
breathing stress



Helps distribute
impact forces
more evenly

3 NASAL BREATHING TRAINING



Breathing through the nose can improve breathing efficiency and help control pace.

- During warm-up or easy runs, breathe only through your nose.
- Start with short intervals (1–5 minutes).
- Gradually increase duration as tolerated.

BENEFITS



Encourages
slower, controlled
breathing



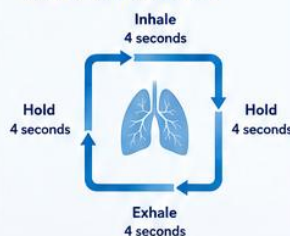
Improves carbon
dioxide tolerance



May help reduce
over-breathing

4 BOX BREATHING

Excellent for calming nerves before races and improving focus.



Repeat for
1–3 minutes.

TIPS FOR RUNNERS

- ✓ Maintain good posture while running.
- ✓ Relax the shoulders and jaw.
- ✓ Avoid shallow rapid breathing.
- ✓ Warm up gradually before intense exercise.
- ✓ Practice breathing exercises consistently.

5 DEEP RECOVERY BREATHING AFTER RUNS



Helps lower heart rate and improve recovery.



Inhale deeply through the nose for 4 seconds



Exhale slowly through the mouth for 6–8 seconds



Continue for several minutes after exercise



6 INSPIRATORY MUSCLE TRAINING (IMT)

Strengthens breathing muscles using resistance breathing devices.



POTENTIAL BENEFITS

- ✓ Improved endurance
- ✓ Reduced breathlessness
- ✓ Better performance during intense exercise

Examples include:

POWER breathe

AIROFIT
BREATHE BETTER

(Ask your doctor if IMT is right for you.)

WHEN TO SEEK MEDICAL EVALUATION

Seek medical evaluation if you experience:

- ⚠ Chest pain
- ⚠ Dizziness or fainting
- ⚠ Severe shortness of breath
- ⚠ Palpitations
- ⚠ Exercise intolerance

This is especially important for athletes with asthma, exercise-induced bronchospasm, dysautonomia, or underlying cardiac conditions.



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Breathe well. Run strong. Live better.

Small breaths today. Stronger tomorrow.

