



Dr. Greg Crowther

Dr. Greg Crowther's degrees include a Ph.D. in Physiology & Biophysics from the University of Washington (2002), a M.A. in Science Education from Western Governors University (2018), and a B.A. in Biology from Williams College (1995). He has taught at different universities and has done laboratory research, f.e. on metabolism of methylotrophic bacteria and human skeletal muscles. He actually teaches anatomy & physiology in the Department of Life Science at Everett Community College.

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Living high and training low

Levine & Stray-Gundersen have proposed a "live high, train low" model of altitude training in which athletes live at high altitude but drive down to lower elevations for their runs. The main goal of this model is to allow athletes to increase their RBC (red blood cells) production while also allowing them to maintain the quality of their training.

The effectiveness of the "live high, train low" approach has now been verified in a thorough report (Levine & Stray-Gundersen, *Journal of Applied Physiology* 83: 102-12, 1997) based on several years of work. In this exhaustive study, 39 competitive runners (27 men and 12 women) were divided into three groups: "live low, train low," "live high, train high," and "live high, train low." While the methodological details are beyond the scope of this article, the key finding was that the "live high, train low" runners improved their 5K times by an average of 13 seconds after four weeks of living high and training low, whereas the other two groups did not get faster.

