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NewsTrack - Science

Breathing training urged for swimmers

BUFFALO, N.Y., Jan. 17 (UPI) -- U.S. scientists say [swimmers](#) and scuba divers can boost their endurance and breathing capacity by training their [respiratory](#) muscles.

University of [Buffalo](#) researchers say people who underwent resistance-breathing training improved their respiratory muscle strength and their snorkel [swimming](#) time by 33 percent and underwater scuba swimming time by 66 percent, compared with their baseline values.

A group randomized to a placebo training program conducted with the same equipment and protocol showed no significant improvement in respiratory or swimming performance.

"Specific respiratory muscle training could allow divers in the military, civilian rescue services, commercial enterprises and sport to perform better underwater," said Dr. Claes Lundgren, professor of physiology and biophysics and the study's senior author.

Results of the study appeared in the December online issue of the European Journal of Applied Physiology and will appear in print next month.

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