



## HYPOXICO PORTABLE BED TENT AND GENERATOR, £4,462

Living the high life in the African hills has helped many Kenyan and Ethiopian runners to reach the top. But if training at altitude with the world's best athletes isn't an option, why not try the next best strategy: sleeping in a tent that simulates a high-altitude environment. This hypoxic chamber will transform your bed into a useful training aid by restricting the oxygen in the air you breathe and encouraging your body to create more oxygen-carrying red blood cells. By developing and maintaining the physiological benefits of training low and sleeping high, you should experience running performance benefits. Simulate up to 3,810m or as high as 6,400m with an additional adaptor. The tent also packs away easily if you're travelling to races.

**Contact** [www.altitudecentre.com](http://www.altitudecentre.com)