

**Altitude Training**

The following three individuals are all classed as high level performers within their sport.



Yohan Blake – 100/200m  
Sprinter



Dennis Kimetto – Marathon  
Runner



Dele Alli - Footballer

For each performer, explain whether you would recommend that they take part in a two week altitude training block during their pre-season programme.

**Yohan Blake:**

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**Dennis Kimetto:**

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**Dele Alli:**

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