

**Small increases in lung volume and capacities**

Tidal volume

Vital capacity

Due to increase in strength of respiratory muscles



**Improved transport of the respiratory gases**

Increase in blood plasma and RBC’s

Increase in haemoglobin

Blood less viscous

**Improved uptake of oxygen by the muscles**

Training imporves the ability of the muscle to extract oxygen from blood

More myoglobin and mitochondria

= Increased V02 max

**Effects of training on lung function**