- pressure training, breathing pattern and exercise performance in chronic airflow obstruction. *Chest*, 95, 535–540.
- Gosselink, R., Wagenaar, R.C. & Decramer, M. (1996) Reliability of a commercially available threshold loading device in healthy subjects and in patients with chronic obstructive pulmonary disease. *Thorax*, **51**, 601–606.
- Johnson, B.D., Aaron, E.A., Babcock, M.A. & Dempsey, J.A. (1996) Respiratory muscle fatigue during exercise: implications for performance. *Medicine and Science In.* Sports and Exercise, 28, 1129–1137.
- Kim, V.V. (1981) A mouthpiece for endurance training. Soviet Sports Review, 17, 154–155.
- Larson, J.L., Kim, M.J., Sharp, J.T. & Larson, D.A. (1988) Inspiratory muscle training with a pressure threshold breathing device in patients with chronic obstructive pulmonary disease. *American Review of Respiratory Disease*, 138, 689–696.
- Nickerson, B.G. & Keens, T.G. (1982) Measuring ventilatory muscle endurance in humans as sustainable inspiratory pressure. *Journal of Applied Physiology*, 52, 768–772.
- Pardy, R.L. & Rochester, D.F. (1992) Respiratory muscle training. Seminars in Respiratory Medicine, 13, 53–62.
- Sharpe, G.R. (1999) The inspiratory muscles: Physiological responses to exercise, loading and training. PhD Thesis, The University of Birmingham, Birmingham, UK.

- Sharpe, G.R. & McConnell, A.K. (1998) Loaded breathing at the maximum lactate steady state: the response of circulating blood lactate. In: Proceedings of the 3rd Annual Congress of the European College of Sport Science (eds Sargant, A.J. & Siddons, H.), pp. 449. The Centre for Health Care Developments, Liverpool, UK.
- Smith, K., Cook, D., Guyatt, G.H., Madhaven, J. & Oxman, A.D. (1992) Respiratory muscle training in chronic airflow limitation: a meta-analysis. *American Review of Respiratory Disease*, 145, 533-539.
- Spengler, C.M., Roos, M., Laube, S.M. & Boutellier, U. (1999) Decreased exercise blood lactate concentrations after respiratory endurance training in humans. *European*. *Journal of Applied Physiology*, 79, 299–305.
- Voliantis, S., McConnell, A.K., Kautedakis, Y. & Jones, D.A. (1999) The influence of prior activity upon inspiratory muscle strength in rowers and non-rowers. *International Journal of Sports Medicine*, 20, 542–547.
- Wasserman, K., Whipp, B.J. & Davies, J.A. (1981) Respiratory physiology of exercise: metabolism, gas exchange, and ventilatory control. In: *Respiratory Physiology III*, Vol. 23, *International Review of Physiology* (ed. Widdicombe J.G.), pp. 149–211. University Park Press, Baltimore, MD, USA.