



## **FREEDIVING STAGE DEEP TRAINING AND EQUALIZATION SHARM EL SHEIKH 05 - 12 MAY 2018**

### **OBJECTIVES AND DURATION**

The Stage on equalization techniques and deep training, combines two important areas aimed to optimize the freediving skills applied to outdoor disciplines.

For many freedivers the limit to improve the depth during the dive in constant weight is because they are not able to manage their abilities beyond some depths. This stage proposes theory and water sessions to improve freediving skills.

Quite often the inability is nothing more than the safeguard mechanism that triggers the body to prevent going beyond certain limits.

Working on specific training areas, through codified training procedures, many unknown factors can be eliminated allowing the freediver to build up his own body and mental control. In this stage there are several targets, first of all to become able to understand, schedule and analyse the training session. After that the freediver will become able to understand how the training techniques can be improved and synchronized with specific steps.

### **DISCOR THE NEW TRAINING PROTOCOLS CREATED TO APPROACH THE NEW FREEDIVING FROTIER**

### **MAXIMUM 12 PARTICIPANTS**

#### **When & Where:**

From 7 to 11 MAY 2018, during the Moving Limits Week

In partnership with Only One Apnea Center situated into Domina Coral Bay

For more information about the travel and hotel accommodation write to [info@movinglimits.com](mailto:info@movinglimits.com)

#### **Topics:**

The stage structure is completely rebuilt and the week architecture is created with the idea to give the time to all students to freedive in proper way and having the right time to rest and to practice and improve during the dry workshop. During the stage the topics of lessons will argue about the five training areas described by Federico Mana in his last Manual: "Deep Training for Freedivers.

- **Technique Training Area**
- **Equalization Training Area:**
- **Air Translation Training Area:**
- **Apnea Time Training Area:**
- **Depth Adaptation Training Area:**



## DAILY PROGRAM MONDAY – WEDNESDAY – FRIDAY:

<b>08.30 – 09.30</b>	Theory Session
<b>10.00 – 11.30</b>	Sea Session 1
<b>12.00 – 13.00</b>	Stretching Session + Training registration
<b>13.00 – 14.30</b>	Break
<b>14.30 – 15.30</b>	Theory Session
<b>16.00 – 17.30</b>	Sea Session 2
<b>18.00 – 19.00</b>	Stretching Session or + Training registration + Debriefing

## DAILY PROGRAM THEUSDAY – THURSDAY:

<b>08.30 – 09.30</b>	Theory Session
<b>10.00 – 13.00</b>	Sea Session 1
<b>13.00 – 13.30</b>	Training registration
<b>13.30 – 16.30</b>	Break
<b>16.30 – 18.30</b>	Workshop
<b>21.00 – 22.30</b>	Panel discussion and or Workshop

## EQUIPMENT

To attend the stage all student need the freediving equipment: wetsuit, snorkel, mask, weights, clipnose fins and **Lanyard**.

For this stage a lanyard and **freedive-computer** are mandatory, with surface time and dive time functions. For the theory lessons students need comfortable clothes and matt and/or a towel.

## WORKSHOP REQUIREMENTS

- To have a Freediving license (at least 1° Level)
- To have medical certification for freedive and underwater activities
- To be able to dive at least 15 meters
- To be Moving Limits associate for the 2018

## COSTS

The cost of the stage is 570 € - the cost includes:

- Participation to the Stage
- Access to training fields
- Lead weights
- Training Kit + Otovent
- Insurance

In the cost is not included everything not mentioned in the previous item.