

# **Freediving Trainer**

**James Nestor**

**Freediving** Yannis Detorakis, 2017-12-03 Freediving equipment consists of decades-long knowledge, great scientific discoveries and 21st century state-of-the-art technology. Concentrated in a gear bag, freediving equipment comprises just a few items which the freediver must wear, with each item intended to augment his physical abilities to a much higher level. Understanding the characteristics and operation of each part of the freediving equipment is crucial for freedivers, and their progress in freediving technique largely depends on it. A second, vital rule in the selection of freediving equipment, is that it must individually fit the needs of the particular diver, and its selection must be based on every diver's personal needs. Even today, this remains the greatest difficulty when selecting equipment: it still is a piece of clothing, which must individually fit its owner's body, while at the same time offering all functional elements required by the diver. So, in our discussion on equipment, we rely on two principles: First, there is no ideal freediving equipment for all divers in general, but there is ideal equipment for each diver and each desired type of freediving. Second, even the best personal equipment, in terms of design and quality, will be rated as to its functionality by what we eventually do in the water! This book aspires to aid in this effort, i.e. teaching freedivers how to select and evaluate the equipment before purchasing it, and then rating it and classifying it in the water. Even today, the appropriate knowledge is still the most precious gift when choosing freediving equipment, because, even in our time of abundance, the selection of suitable equipment for an activity as specialized as freediving remains a science in itself! The book follows a specific method to solve the equipment problem for every diver at any level of

experience: 1.It describes the materials and the designing principals for each item of the equipment. 2.It describes the requirements in functioning underwater. 3.It names the rules of the game in selecting every item of the freediving equipment by writing down the different requirements of every level of training from each item and the possible personal requirements a specific diver could add to fit his personal needs. Selecting the freediving equipment should be an interesting and enjoyable experience, both at the stores and in the water, and this is the goal of this guide: to help all levels of freedivers discover new ways to choose, test and grade their equipment and make their personal, high performance and complete freediving gear!

Longer and Deeper Jaap Verbaas,2018 Not everyone is fortunate enough to live in a tropical paradise and dive all day. Most freedivers and spearfishers need to resort to cross training to keep in shape. Cross training is training with techniques from other sports to improve your diving. There are many exercises we can do on land to keep in shape. And in contrast to diving, cross training can be done no matter where you are, all year long. Longer and Deeper will teach you the most efficient exercises, how to schedule workouts and recovery, and how to keep track of your training.

Freediving 101 HowExpert,Julie Shoults,2019-03-04 Have you ever wanted to connect with the ocean? Are you curious about holding your breath? Are you seeking a way to calm your mind? Freediving may be for you! This is when people explore the underwater world while holding their breath. Imagine you're swimming over a colorful coral reef, with no SCUBA gear, just complete freedom. The fish are calm, the water is clear, and your lungs are full. Freediving may seem like an extreme sport, but in reality it is incredibly peaceful. It is relaxing, spiritual, and

Zen. Freedivers find themselves in states of presence and bliss. In this guide we discuss the ins and outs of this amazing sport. You could even say we go 'in-depth'. Learn to increase your breath hold time and explore deeper in the ocean. Freediving is all about technique and relaxation, this guide will help you master these practices. Learn about different freediving disciplines for a better understanding of competitive freediving. This knowledge will also help you branch out and try new things as a freediver. There is also information about rescue techniques and safety procedures. It is important to be a safety conscious freediver. It isn't an inherently dangerous sport, but a little information and practice can save a life. About the Expert Julie Shoults is passionate about freediving. This passion has taken her all over the world to freedive in remarkable places. She is a PADI SCUBA and Freediving Instructor. Julie is from Florida in the United States, but now she is a world traveler. Julie started her freediving journey in the Middle East where she was working as a SCUBA Instructor. It is with a lot of patience and Vitamin Sea that she gradually improves her freediving practice. She has been freediving in the beautiful lakes of East Africa, with whale sharks, turtles, manta rays, and on countless coral reefs. At the time of publication she is living in Bali, Indonesia, where she can reach depths right from the shore! Her goal is to study science and continue traveling. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

**Specific Training for Freediving Deep, Static and Dynamic Apnea** Umberto Pelizzari, 2019-02-16 This textbook provides a method that allows freedivers and spearfishermen to identify a training path, aimed at optimizing their results. Detailed guidance is provided on how to structure the various stages of specific preparation

for Static, Dynamic, Deep Freediving and Spearfishing. It contains innovative training strategies and new specific exercises and series that can be combined with the traditional ones. You can learn new ideas on how to organize the annual timetable of the training (sequences, orders, frequencies) when to increase the workload, how and when to finalize the specific workout, depending on the discipline. While Umberto Pelizzari shares his experience and his training methodologies and how these latter have evolved and adapted throughout the years. This manual is addressed to good level freedivers, spearfishermen and trainers, who are looking for answers about training and programs. Additionally it can be used by swimmers who want to train their own freediving skills in order to improve their performance. Over 250 pages with helpful pictures and explanatory tables that gather the result of years of experience of one of the worldwide greatest freedivers. Finally it includes interviews of some of the best freedivers in the world: Čolak, Lozano, Molchanov, Musimu, Nery, Nitsch, Petrovic, Trubridge, Zecchini, Zuccari.

**Freediving** Yannis Detorakis, 2017-04-03 Freediving - The Physiology is a complete guide for the three levels of freediver training, the three levels of instructor training, and for the instructor trainer. The book works as a manual for everyone, introducing all readers to the greatest secrets of the human body's responses to freediving, from the new freediver to the doctors who look to expand their knowledge in freediving. A new freediver will find chapters on ear equalization, the diving reflex, the mechanism of apnea, the factors of breath-hold, the danger of shallow water blackout, advice on a special diet before and during the freediving day, and many more interesting subjects for a beginner in freediving. Experienced freedivers will

enhance their knowledge of deep freediving, safety rules and rescue techniques, through subjects including the human diving responses, specialized advice on deep freediving lung equalization, advanced ear equalization methods, special factors and methods for increased apnea duration, safety rules on avoiding hyperventilation and a hypoxic state (hypoxia - blackout or LMC - loss of motor control), the rescue methods for the hypoxic diver, advice on thermal problems and hypothermia, a chapter about special diet methods for increased performances in freediving, as well as an abundance of knowledge crucial for expanding their performance underwater and correcting possible mistakes. Deep freedivers, instructors and doctors will all find everything there is to know about freediving physiology in this book! Extreme freediving has its place in every chapter of the book, covering aspects of great wonder and mystery to be researched, such as methods in reducing the brain's oxygen consumption during apnea, lung equalization and the diving reflex at great depths, gas narcosis in deep freediving, freediving decompression sickness, lung packing dangers and others.

Freediving - The Guide for the First 10 Meters Yannis Detorakis, 2017-03-23 The book is a complete guide, a manual for the 1st Level of freediving technique. The writer uses his thirty years of experience as an instructor and designer of freediving courses, but most of all, the 15 years during which he has certified more than 1.000 free divers in the 3 levels of diver training, and describes a step by step method for reaching the first 10 meters in freediving. The chapters of the book literally follow the new freediver through the series of steps he must take, from dressing up and entering the water, to his surface swimming and the adaptation of his senses inside the water, as well as all the buoyancy adjustments he will have

to make at the surface and before each dive. The book presents the freedive as a nicely structured, logical chain of skills that are explained and presented through a large number of impressive underwater photos of actual diver training. Even the possible mistakes in performing the dive skills are analyzed and explained. The descent to the seabed covers the greater part of the book, and everything is presented in a step by step movement or skill, while the reader quickly finds himself participating in the dive and trying to make the right moves! Every step is explained in detail; for example, the methods of equalizing the ears and the different techniques in order to learn how to equalize and avoid a blocked ear. The ascent phase of the freedive is described in similar detail and presented through many actual training photos. The book covers the use of the buddy system in freediving, presenting the methods used for providing safety and communicating underwater. The methods of planning a freedive are analyzed in detail, both for the diver and for the buddy monitoring the dive. The organization of a day's series of freedives is also presented, as a diver will have to learn how to create a daily plan of his different dives. The dangerous incidents in freediving are considered problems that block or delay the ascent, while rescue techniques and safety measures are also described. Dangerous situations, that every freediver should know how to avoid and how to handle as a rescuer, are covered in detail in the final chapter. As the writer says: A book cannot of course replace training or an entire dive learning program. Today, however, our era might offer great training programs and excellent instructors, but no remarkable books - comprehensive technique guides. So the mission of this book is to accompany the new freediver into the sea and to help him, step by step, in building an excellent technique and achieving new goals in freediving,

like his best trainer and dive buddy!

**Freediving - the Story of Stathis Hatzis** Yannis Detorakis, 2017-04-12 Stathis G. Hatzis was the head diver among Symi's and the Dodecanese's hundreds of free divers - sponge divers in the early 20th century. In 1913, he dived to a depth of 88 meters, for 4 minutes, in his attempt to locate and tie the anchor of the Italian battleship Regina Margherita which had been lost on the ocean floor. The book is the biography of Stathis Hatzis and follows Stathi in his three day adventure to find and secure the lost anchor, making a total of 16 record free dives from 50 to 88 meters depth. Stathis Hatzis' unique accomplishment was representative of the incredible abilities of this humble sponge diver, as well as his generation's, the last free divers - sponge divers, diving with the kampanelopetra, who disappeared along with a unique in the world tradition, which had endured uninterrupted until then, since the depths of antiquity. In the pages of this book, the adventures and legendary dives of Stathis Hatzis become the reason to chronicle the entire history of free diving in Greece, from its origins in ancient times to the late 20th century. Rare photos and documents reveal the achievements of an island population consisting of thousands of free divers and their families, who, with Symi and the Dodecanese as an epicentre, achieved greatness in the Aegean for centuries, thanks to the precious sponges gathered from the depths of the Mediterranean and traded in the markets of Europe and America.

**FREEDIVING-THE GD FOR THE 1ST MR** Yannis Detorakis, 2016-09-01 A Complete Manual for the 1st Level of Free Diving. An excerpt from the foreword of the book: The idea for the book gave birth to many treasures, but the moment had matured for all this practical experience -



having by now personally taught hundreds of freedivers how to freedive to 10, 20 and 30 meters- to finally turn into a written guide on the technique of freediving. If I felt as if I was missing something twenty years ago, by now I possessed it in abundance: it was the actual experience in the water with newcomers, people who did not even know what a wetsuit was, and in the span of one week to enable them to comfortably dive to 10 meters, while even commenting afterwards on how easy freediving was! Yet freediving is of course far from easy. The satisfaction, however, of hearing them say it, is huge; when you have designed the training program and when you had been the trainer who managed to transform a person that until the previous day had not even once equalised pressure in his life, into an excellent freediver! As priceless is also the moment, familiar to every instructor, when your student succeeds on conquering a particular depth for the first time and surfaces with a genuine smile of deep joy and satisfaction on his accomplishment. This is ultimately the goal of this book: to accompany the new freediver into the sea and to help him, step by step, in building an excellent technique and achieving new goals in freediving, all the while giving him a smile of success! A book cannot of course replace training or an entire dive learning program. Today, however, our era might offer great training programs and excellent trainers, but no remarkable books - comprehensive technique guides - and I trust -as a writer- that this void will be filled today, with the publication of a unique book for the new freediver. Yannis Detorakis  
\*Freediver Instructor Trainer PADI \*Designer of Freediver, Advanced and Master Freediver PADI Courses - Distinctive Specialties (2004 - 2015)

**One Breath** Emma Farrell, 2006

**Freediving Manual** Mike McGuire, 2017-03-15

Freediving is one of the fastest growing water sports. Not only is it easy to learn to freedive, you can dive all over the world. No matter where you go, you can always find a place to practice your freediving training. While you used to have to take weeks and weeks of classes to learn to freedive properly, you can now learn how to hold your breath, diaphragmatic breathing, and the very best freediving techniques, in this one, fun to read, easy to understand book. What will you learn in this book? \* What freediving is.. \* How to avoid ear pressure when freediving? \* How to keep safe during the exercises? \* Different types of diving \* How you can start diving almost immediately! \* What kind of freediving gear or freediving fins to purchase. \* Where the best diving locations can be found. \* How to deal with the fear and anxiety you might encounter? \* How to train for Freediving? \* Breath holding and breathing techniques. Tips for holding breath longer underwater! \* Safety and preparedness. What a diving buddy should do in an emergency? \* And so much more..! While a class may seem like the best way to get into the freediving craze, in reality, you can learn everything you need to know from this book. It will teach you all about the different techniques, where to look for great freediving water, and even outline the best safety procedures. Like any sport that involves water, diving without scuba gear can be dangerous, but when you have the right gear and the right training, it is also the best way to see the beauty that the ocean holds. The main tenant of freediving is breath holding. In order to access to lower depths, you must train your body to hold its breath for longer and longer stretches of time. This does not come naturally to the human body, and to be able to hold your breath for more than a minute takes training and constant maintenance. This book will teach how to hone your body

and your mind for this intense experience. Whether you are a novice looking to start this great sport, or an experienced freediver looking for a refresher on safety, techniques, and gear, there is no better book. Look no further for the very best in breathing techniques, freediving strategies, and safety tips. This sport is fun for all those who are willing to put the time and energy into learning the right methods and training their bodies. If you are ready to start learning an exciting new sport of freediving, grab your copy today! Check Out What Others Are Saying... This is by far the most well rounded free diving book I've ever read. I practiced for many years and then took some time off. I was really looking for a refresher course prior to a long overdue abalone dive. I really thought I knew it all from having so many years under my belt; I was wrong. I didn't know how much I still had to learn. I practiced the exercises in the book for about a week before my dive. I was nearly where I left off from my last dive years prior and within a month I plan to be on my A-game. Thanks to the author for providing such a detailed guide, it's opened up a whole new perspective on the sport that I grew up with! - GrumpysGifts (USA) This guide is one of the best written and detailed books on diving out there. For my personally holding my breath underwater was as hard as actual swimming so when I saw that there is a full chapter on how to master it, I knew I have to take this book. All the other tutorials and safety measures are well written so I am sure it will save a lot of lives. I recommend this book to anyone passionate about freediving. Five star for me ! - Vlad Buculei (Brno, Czech Republic)

### **Dry Training for Freediving ,2015**

Underwater Foraging - Freediving for Food Ian Donald, 2013-05-23 In this full colour, large format publication by master freediving instructor and expert

marine forager Ian Donald, you will be taught in a step-by-step manner how to freedive, forage for marine foods, and spearfish, all with sustainability in mind.

***FREEDIVING - The Guide to 20 Meters*** Yannis

Detorakis,2019-07-22 A manual made for the experienced freediver who wants to complete new freediving skills that will allow him to reach 20 meters. The book follows the step by step instruction method to present all the open water skills for the deep freedive. Again, as in the first Guide to 10 Meters, we have tens of actual training photos that make it a serious collection of hundreds of deep freediving training pictures. This is the Freediving Guide for the 2nd Level - deep freediving, after the Freediving Guide to the First 10 meters (1st Level).

**Best. Freediving Coach. Ever.** Sports

Publishing,2019-09-12 Grab This cool coach gift. Perfect present for your favorite Coach, Instructor or Trainer. Great for any occasion to show your appreciation and gratitude. 120 pages 6x9 inches dot grid cream colored pages matte cover soft cover

**Scuba Diving** Dennis Graver,2016-10-14 The best-selling authoritative resource returns updated and better than ever. Scuba Diving, Fifth Edition, is the most up-to-date resource for experiencing secure, satisfying dives. Packed with full-color photographs and detailed diving instruction, this is the ideal companion for recreational divers, diving instructors, and students. Veteran instructor Dennis Graver shares the latest research, science, and recommendations as well as nearly 40 years of diving experience. He demystifies complex topics such as gas laws and the physics and physiology of scuba. You'll also learn these skills: • Equalize pressure in the sinuses, ears, and mask. • Follow boat diving and buddy check procedures. • Master the nuances of dive planning and

decompression so that every dive is safe and enjoyable. • Choose, use, and maintain scuba equipment. • Safely enjoy the underwater environment, including aquatic wildlife. • Prevent or manage underwater emergencies and hazards. In this new edition you'll find Application of Knowledge (AOK) questions and answers. For the first time, you'll be able to apply the information and guidelines to real-world scuba problems, making you better prepared for those unexpected situations you might encounter. Whether you are a beginning or intermediate diver or diving instructor, make sure you have all the bases covered before you go underwater. Scuba Diving will ensure a safe, successful, and rewarding dive every time you take the plunge.

Deep James Nestor, 2014 Surveys the achievements of adventurous scientists, athletes and explorers to reveal how new understandings about deep-sea life, from telepathic coral to shark navigation, are expanding what is known about the natural world and the human mind. 40,000 first printing.

**Beginners Guide for Freediving** Guntar, 2016-01-02 This fast and easy freediving guide is mostly suitable for beginners of this recreational activity. If you feel like freshman when somebody talk about diving equipment or breath hold techniques - this book is for you. As you can see - this book is not very long, so you can really read it even if you do not like books or reading. This book contains only information which you need to know. There is not much oration - only clear information. You will find here: \* Equipment - how to choose. \* Training for beginners in general. \* Breath hold training. \* Lung trainings. Simple exercises. \* CO2 and O2 tables training. \* Equalization. \* Tips and warnings for your training. \* Little more...

**Freediving Coach Notebook: Blank Lined Freediving Journal for Coach and Freediver** Elegant

Notebooks,2019-01-20 Freediving Coach Notebook - This notebook is the perfect gift for a freediving coach, mom, dad or anyone that simply loves freediving. Makes a great Mother's day, Father's day, Christmas or Birthday gift. Use for note taking, keeping competition results, as a training diary or journal, fitness record, recording competition stats, journaling, writing, doodling, drawing, making lists and recording ideas. Size: 6 x 9 in. 120 Pages College Ruled Glossy soft cover Printed on white paper

**Freediving Strength and Conditioning Log: Daily Freediving Training Workout Journal and Fitness Diary for Freediver and Coach - Notebook** Elegant

Notebooks,2019-02-26 Freediving Strength and Conditioning Log - This training journal is perfect for any freediver who's serious about their training and about achieving success and getting results. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son or anyone that simply loves freediving. Makes a great Father's day, Mother's day, Christmas or Birthday gift. Click on the author link to see our other freediving logs and diaries in the series - Training Log, to record technique and skills worked on, and Nutrition Log, to record dietary intake. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper

**Manual of Freediving** Umberto Pelizzari,Stefano Tovaglieri,2016

Embark on a transformative journey with is captivating work, Discover the Magic in **Freediving Trainer** . This enlightening ebook, available for download in a convenient PDF format Download in PDF: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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