FREEDIVING ONLINE
ONE TO ONE COACHING

equalization - stretching - dry training - breathing

WE ARE MISSING OUR TIME
TOGETHER INTO THE OCEAN!

In the meantime, Apnea Canarias has decided to be near you by offering Freediving Coaching Online. In this way, you will be prepared for the special moment when we'll be jumping back into the water.

We would like to keep coaching you on a one-to-one basis through individual sessions focusing on exercises and theory, which will help to develop your awareness and skills.

There are 2 Options that will be adjusted to your level of knowledge and abilities.

Option 1 – Dry Equalization
75€ per 2 sessions, 1 hour ca. per session
(Follow-up sessions can be arranged at 30€ each).

Option 2 – Dry Training & Exercises
110€ per 3 sessions, 1 hour ca. per session
(Follow-up sessions can be arranged at 30€ each).
01 FIRST SESSION
- Evaluation of your skills
- Physiology of Equalization
- Equalization techniques (i.e., Frenzel, Valsalva etc.)
- Common mistakes
- Dry exercises for learning/improving Frenzel

02 SECOND SESSION
- Evaluation and analysis of your exercises practice
- Airshift techniques
- Frenzel, Advanced Frenzel, Sequential Mouthfill and/or “continuous” Mouthfill for advance equalization
- Common Mistakes
- Dry exercises with Otovent and EQ-tool

For more information:
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01 FIRST SESSION
- Physiology of Breathing
- Breathing techniques
- Evaluation of your flexibility and breath hold
- Dry static exercises
- How to improve your breath hold
- Personalized training tables for dry static

02 SECOND SESSION
- Evaluation and analysis of your first session exercises practice
- Stretching for Freediving
- Workouts for Freediving
- Personalized stretching and workout training tables

03 THIRD SESSION
- Evaluation and analysis of your previous sessions of training (doubts and questions)
- Diet and supplements for dry static and/or workout
- How to gradually improve breath hold and flexibility in the medium-long term
- Planning your own training tables

Note: we can tailor-made our on-line coaching to suit your needs so that you can learn more effectively equalization and dry training.

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