

Freediving Pool Training Session: Build Confidence, Endurance, and Resilience

Take your freediving to the next level with this focused pool training session!
Designed to build your confidence, CO2 tolerance, and dynamic endurance.

NOTE: NEVER perform breath holds in water alone. You must always have an active buddy with you.

Warm-Up: Preparing Body and Mind

- 2x Dives to First Urge to Breathe: Start with two relaxed dives to your first urge to breathe. Focus on calm, controlled movements to prepare for the main set. This helps tune your body and mind for the session ahead.

Main Training Sets

1. Delayed Start

This drill is tailored to build mental preparedness and enhance focus for longer performances and dive times. Perform 3 reps of the following sequence: Begin with a 45-second static breath-hold to simulate the mental challenge of relaxation and control, followed by a 40m dynamic dive to transition into active movement while maintaining composure. Rest for 2-3 minutes after each sequence. Repeat the sequence three times, using each rep to sharpen your ability to manage mental stress and conserve energy for extended dives.

2. 40m x 5 x 3 - Set Departure Table

Every round begins at the 2-minute mark. Perform a 40m dive; however long it takes you to complete, the remaining time within the 2 minutes is your recovery period before the next dive. Repeat this for a total of 5 laps. After completing the 5 laps, rest for 3 minutes before starting the next round. Complete a total of 3 sets. This drill focuses on building endurance, maintaining efficient finning technique, and improving recovery speed under timed intervals.

3. Hypertonic Swimming - Breathe Control Mastery

This drill is designed to improve lung volume, overall fitness, conditioning, and CO2 tolerance, essential for extended dive performance. Complete three sets of 100m freestyle swimming:

- **Set 1:** Breathe every 3 strokes.
- **Set 2:** Breathe every 5 strokes.
- **Set 3:** Breathe every 7 strokes.

Focus on maintaining consistent technique and smooth, powerful strokes as the breathing intervals increase. This progression trains your body to work efficiently under higher CO2 levels while enhancing your cardiovascular endurance and oxygen utilisation. Each set challenges your ability to stay relaxed and composed, building both mental and physical resilience for freediving.

- Pro Tip: Stay relaxed and controlled, even as the breath-hold duration increases.

Cool-Down and Recovery

Finish your session with gentle, slow laps and breathing exercises to return your body to a relaxed state. Focus on controlled exhalations and mindfulness to reinforce positive adaptations.

Deep Sensations Freediving

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