



MASTERCLASS MIGUEL LOZANO & Y-40

Weekend without Fins (FIM + CNF + DEPTH STA + EQUALIZATION WORKSHOP)

6,7,8 April 2018 (Italy)

DEEPEST POOL IN THE WORLD

*The objective of the course is to work the **FOUR** most important parts of a deep dive: **technique, deep equalization, adaptation and long dive time**. Without this 4 important parts it's imposible to increase your depth.*

On **Friday** we will work on Equalization from a simple and practical point of view applying it to the pool with gradual exercises.

Saturday we will work on exhale diving to improve our adaptation to depth in a comfortable way and exercises to increase the dive time and long freefalls at shallower depth.

We will focus on video-analysis of the technique in the no fins disciplines (FIM & CNF)

Saturday will end with static apnea and relaxation exercises in pool.

Sunday we will put all together, technique, long dive time and equalization on deepest dives to the bottom of the pool in the most comfortable way and No-Limits training.

The idea is to create a solid base at technical, physiological and psychological level for the first 40 meters of a dive in a controlled environment so you can transfer it to your open water training

PROGRAM

Friday 6th of April 2018

16:00 Presentation of the course and Deep Equalization Techniques

18:00 Pool – Frenzel & Mouthfill exercises

20:15 Theory (Exhale Diving + Depth STA)

21:00 Rest

Saturday 7th of April 2018

07:00 Stretching (lungs, diafragma and chest)

07.30 Pool Exhale Diving Training + Depth STA

09:00 Breakfast

10:30 Theory (Technique FIM & CNF)

12:00 Lunch

14:00 Pool (FIM & CNF Training)

16:30 Theory (Video analysis & Theory on Static Training Tables)

18:30 Pool Static Exercises and Relaxation Exercises

20:00 Rest

Sunday 8th April 2018

07:00 Stretching (lungs, diafragma and chest)

07:30 Pool – (Technique + Long Dives + Equalization) + No-Limits training

09:00 Breakfast

10:30 Debriefing, Diploma and T-shirts



Price: 440€*

Include:

3 days Stage with Miguel Lozano.

2 nights accomodation Hotel Termal Millepine double room Half Board.
(Breakfast and Lunch)

* Single Room add 40€.

***Not included flights, dinner and transfers from Airport to Hotel Millepine/Y-40.*

If you want to book just the Stage without the Hotel the price is 285€

Bookings

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