

1st Vertical Blue "Freediving Course for Spearos" a grand success!

Over the first weekend of 2008 Vertical Blue held its first 'Freediving course for spearos' at the Napier Aquatic Center in Hawkes Bay, New Zealand.

As well as lectures in the physiology of freediving and breathing technique, students were given drills to improve their finstroke, and attempted a pyramid interval dynamic apnea training table designed by William Trubridge for spearfishers. At the end of the course the students also attempted a series of static apneas finishing with a maximum attempt, in which all 8 participants set new personal best records!

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