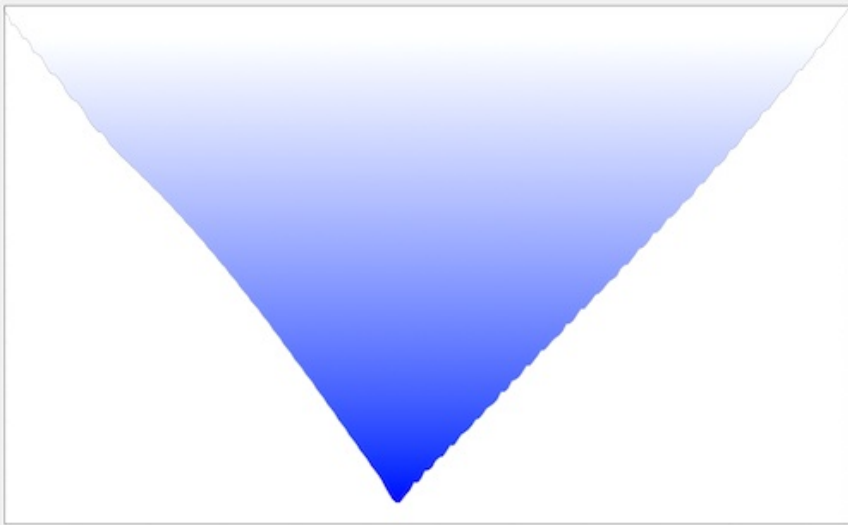
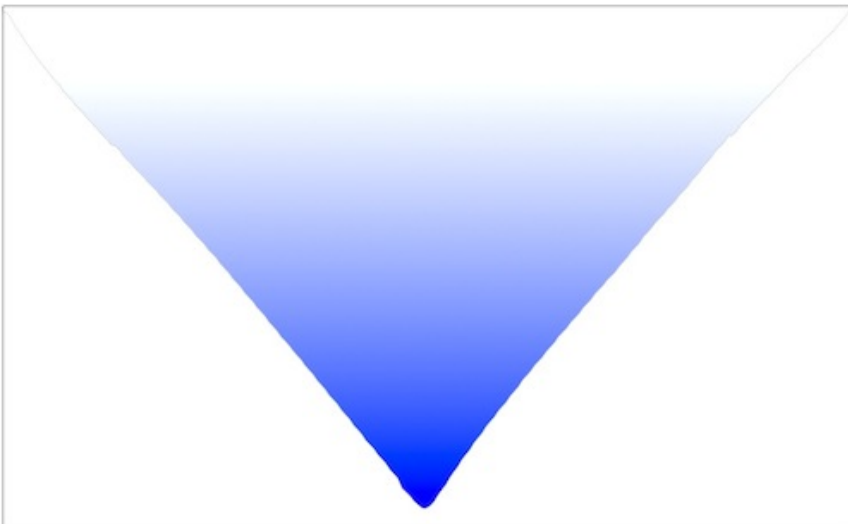


# William Trubridge: training results

Many people have been asking, so I thought I'd simplify things by posting the dive profiles of my best performances in CNF and CWT.



*best CNF dive so far, 21/11/2009*



*best CWT dive so far, 22/11/2009*

I have been training with copatriot Kerian Hibbs, who is doing a great job with safety, and this and the new glorope have allowed me to push out the depths with confidence.  
Two or three more training sessions to go and then the games begin...

Very informative :-)  
All I could make out of this is that looks like you are doing one more stroke in your CNF compared to what I read somewhere a year ago. (28 back then). I'm sure someone else will do the math ;-)

by *Eric van Riet Paap* on 2009-11-22 14:13:20

93 CNF, 120 CWT, come on Will we won't tell anything

by *odvan* on 2009-11-22 14:58:14

We also heard you want try variable weight with Herbert?

by *odvan* on 2009-11-22 15:09:32

Big numbers! Is Fred Buyle somewhere there? Can we hope to see some uw photos?

by *Lukasz Klimczak* on 2009-11-22 15:37:34

Thanks for the support! I have cancelled the WR attempts for after the WC - too much going on! The official photographer for the World Champs will be Igor Liberti

by *will* on 2009-11-22 19:07:43

There is another way to work out Will's depth. Get him to confess his divetime. While I was there we made a little game of announce the depth and guess the divetime. He managed on more than one occasion to come up exactly on the minute and second he

