

Aharon video broadcasts index:

1. Our first pilot broadcast :) you're welcome to join...

<http://twitcam.livestream.com/detrz>

January 10, 2013

- introduction
- UK team and feedback after session with them
- dolphins body specifics and speed increase
- neck-weight and proper weighting
- finning issues review
- twisted leg and productivity loss during stroke
- soft blade vs stiff blade
- wetsuits review: type, material, make

2. FREEDIVERS Webinar

<http://twitcam.livestream.com/dhv8b>

January 17, 2013

- webinars and individual programs
- training season
- dry training: flexibility, lung stretching, neck and trachea stretching,
- neck flexibility - various exercises
- upper back flexibility for FIM and monofin
- udayana bana & tables. recommendations for doing it, holding and flicks
- pressure trigger point
- insufficient flexibility in chest cage
- empty lung exercises on 4m and tables
- importance of equalisation
- practical and written EQ exercises
- harm of pulling head back on descending
- swallowing air
- frenzel technique analyze
- head down Valsalva EQ issues
- FD training fatalities - training alone
- snorkel in freediving - problems and consequences
- exhaling during last meters of ascent
- solo spearfishing fatalities
- safety and rescue techniques

3. Freediving Q&A session about freediving with Aharon

<http://twitcam.livestream.com/do280>

January 31 2013

- coach and EQ issues solving
- valsalva problems in FD
- Frenzel maneuver
- ear anatomy
- frenzel demonstration
- soft palate control exercises, dry and in water
- EQ issues in water
- diet affecting EQ issues, allergy
- allergy to milk products and wheat causing mucus consistency
- issues with self-training: wrong movements learned and repeated
- sea sickness, meds and hydration needed. or tahina or ginger root.
- ear care - don't use "ear cleaners" sticks
- 10% glycerin and 90% of hydric dioxide - filling ear to clean
- rince ear with fresh water after each dive
- washing ear with rubber bowl and body temp water
- rincing ear after dive with mix of white vinegar and glycerine oil - to keep clean and flexible
- winter training: style vs fitness
- water resistance and conserving energy
- style checking and horizontal position

4. Freediving Q&A webinar on winter training

<http://twitcam.livestream.com/dqpa>

February 07, 2013

- hands-free EQ (BTV)
- physiology issues and limitations
- locating needed muscle to open Eustachian tube
- sensation similar to beginning of yawn
- start half-immersed, then little bit more
- mastering dry skill
- practicing BTW with scuba
- frenzel technique
- diet importance
- style importance in FD
- harm of practicing incorrect movements
- drills for improving technique - to train body memory
- FIM dry training
- STA specifics - diet dependent
- Stress breathhold - useful for any DYN

- Dry exercises - breathwalk
- Calculating breathwalk numbers for exercise
- doing the breathwalk - recommendations
- tachycardia and bradycardia phases
- stretching on packed lungs - possible harm explanation
- ball exercises for chest flexibility
- yoga postures: tibetan 5 exercises; cobra, locust, camel, udayana and nauli (with necklock)
- "powerlung" machine disappointment - makes diaphragm less flexible

5. Webinar part two (short, first part crashed)

<http://twitcam.livestream.com/dtqbp>

February 13, 2013

- packing risks and benefits
- buoyancy and narcosis factors
- advantages for pool and depth divers
- increasing capacity without overpacking
- could cause flexibility of alveoli
- no stretching on a packed lungs
- don't pack for dives less 40 meters. work on EQ first
- pack moderately (4 small or 2 normal packs)
- packing with snorkel - unreasonable
- no pain receptors in lungs - no warning to know
- lung capacity could be increased by stretching and RV exercises in water instead

6. Freediving webinar - Q&A with Aharon Solomons, AIDA Instructor Trainer.

<http://www.freedivers.net>

<http://twitcam.livestream.com/dyutw>

February 27, 2013

- experiments with noseclip and returning back burping air
- liquid goggles - depth perception issues
- try diving without glasses for a while
- trying small noseclip under mask - NO!
- winter training:
 - breathwalk
 - tachycardia and bradycardia explanation and usage
- FreeDiving - aerobic, anaerobic or mix?
- train CO2 and Lactic
- aerobic training don't help for freediving

- general fit and “cardio” training might be needed only for deeply unfit people
- most athletes Aharon seen are overtrained
- freediving (unlike swimming) is a very intense short period event
- long training sessions are non-profitable
- more stress you give - more rest you need to give
- rest is important part of a training
- talking on anaerobic and lactic training (especially dry) MUST include rest
- interval training: short sprints and short rest periods (needed to prepare for hill repeats)
- hill repeats produce huge results really quickly and you do them twice a week, thats enough
- hill repeats explanation (schedule for 2 month). -
- you may do occasional condition holding exercise
- make sure you do slow down run for 12-15 min and then stretching session for 30 min
- 10” ball for stretching exercise: concentration and persistence to do it every day
- breathing is important during the process.
- packing and stretching leads to huge issues
- lying on ball on front and breathing. due to uncomfot you learn to breath back intercostals
- mind is incredibly important during the process. When you are stretching you should enjoy
- strength contradicts flexibility and vice-versa -- wrong!
- in winter training you may use TRX and body weight
- dips, pull-ups and chin-ups, chinese press-ups
- elastic band exercises & adding breath hold
- adding STA before routine, and work after urge to breathe till hands tired. Build lactic
- for breaststroke try breathhold jumps following the logic from previous drill
- 2 repetitions are enough at a time
- hypoxic table non profitable. intense CO2 table instead
- Make sure you have all your compartments moving together in the right direction

7. Freediving webinar with Aharon Solomons

<http://twitcam.livestream.com/e37qj>

March 13, 2013

- aerobic vs anaerobic training:
- historic BG of question and definitions
- dry exercises: “hill repeat” - max anaerobic exercise
- “hill repeat” 2 month schedule
- pool anaerobic exercises - sprints with short rest
- lactic training - essential for depth preparation
- make sure not over-train with all of the above
- proper hydration and stretching after drills
- ventilation:
- explaining hyperventilation and normal breathing
- proper breathing to prepare for dive

- mental preparation for dive
- mouthfill and BTV
- check flexibility - as essential depth preparation
- depth limitations caused by lack of flexibility
- "drops" technique as depth adaptation
- breathwalk clarification
- pulse checking during breathwalk
- overtraining classification
- "slow breathing" exercise
- maintain log of all your exercises and results

8. Freediving webinar with Aharon Solomons. aboutt DCS, competition, bifins vs. monofin. and your questions

<http://twitcam.livestream.com/e7nbl>

March 27, 2013

- how do you can get DCS in freediving?
- never freedive after scuba dive
- patent foramen ovale specifics
- repetitive freedives 50m and deeper
- packing makes you closer to DCS risk
- switching from Bi-fins to Monofin
- history BG - first arrival of monofin progresses
- classic speed-monofinning technique is most fitting for FD
- check Aleksei Molchanov vid fpr technique
- 2% improvement in style gives huge improvement in results
- swallowing air
- mask dives vs noseclip
- logbooks and writing everything down
- good days and bad days
- logbook for competitions
- RV dives and depth adaptation
- back problems VS monofin training - to check with doctor
- check with both physiologist and surgeon
- mental training for everyone
- historic background

9. Q&A session Webinar with Aharon Solomons, AIDA instructor Trainer. aerobic, anaerobic, noseclips etc `.

<http://twitcam.livestream.com/ea0wa>

April 10, 2013

- noseclip usage and benefits
- putting small noseclip on or below the mask
- learning BTV
- noseclip for deep diving. especially for CNF or FIM
- though low visibility
- liquid goggles pros and cons
- swallowing air while with noseclip - almost ok
- discomfort on ascent - remove noseclip
- increasing aerobic threshold - and in result no pulse decrease in end of DYN
- in the end of the breath-walk: persons with good dive reflex - slows down during walk.
- high aerobic condition - pulse don't drop
- hill repeat to help
- we need CO2 train and lactic
- lactic acid in DNF: diver with good reflex and breathup starves from lactic in arm
- safety critical for all advanced routine
- a lot of DYN work on RV or with static phase
- drills 50m DYN RV with short interval, hands only
- drills 50m DYN RV sprints with same intervals. hands arms and legs
- dry exercises: RV STA 1 min, then start arm movements. When you can't hold - start breathing but keep doing;
- a lot of lactic training on RV increase distance and speed, as well dive response
- do we train with lactic before? Tip:
- lay down on a back on a yoga mat and do 30-60 slowest breaths through the nose
- build NO and remove residual CO2
- this puts in a good mental pattern as well
- sleep research
- soda bi carbonate - can cause issues, as well as all other chemical solutions
- beet-root fresh juice 70 mg in 30 min before training
- frenzel explanation and switching form valsalva

10. Webinar with Aharon Solomons on mental training

<http://twitcam.livestream.com/ebz8h>

April 24, 2013

- FD is one of the most mental sports
- stress is needed but it's harmful at the time. need right amount
- memorising and analysing first dive course
- in the beginning we have internal dialog telling us what to do
- later on subconscious helps us to do all things in the needed order
- comes after numerous repetitions
- medical/physiological background of phenomenon
- trust and will factors. internal "must" instructions are non-productive
- we are committed to the dive, but we are non attached to results

- visual deconcentration as a positive factor
- 2 factors before begin: confidence and relaxation
- confidence comes out from successful training BG, and brings believe
- train is a stimulation that you give to a growth, that happens during a rest period
- things to avoid: spoiled diver; not allow to be destructed;
- be ready for non-perfect conditions in the competitions
- pushing maximum pushes psychology - it gets tired and drop it. we lose enjoyment
- perfect unspoiled diver - skandalopetra divers, philippines' & ama
- perfect planning and organisation helps to solve a lot
- skip "rituals" or "favorite piece of equipment"
- don't create unnecessary expectations

11. Webinar about equalisation in freediving with Aharon Solomons from FREEDIVERS.NET

<http://twitcam.livestream.com/eflez>

May 08, 2013

- talking about equalisation
- mouthfill - check document from Eric Fattah
- 2 opinions on successful mouthfill
- relaxation is critical; losing relaxation ends particular dive
- pre-conditions for relaxation: confidence,
- dont make big jumps in dive depth
- last dive - should been successful (capable EQ on the bottom + have 2 mt more)
- flexibility in thoracic area and neck
- there are more than one technique of MF. one can't quit all
- doing frenzel with full chicks and use air in cheeks to facilitate frenzel - won't work for all
- technique above may lead to "swallowing MF" -- so don't use tongue
- you should find technique (or combination) that works exactly for you
- if you have full cheeks but can EQ - you are closing soft palate
- possibly: going with head-down position, not relaxed, missed timing
- on depth people EQ less frequent, BUT more frequent allows keeping open soft palate
- topping up: waiting till you loose FM - leads to trachea squeeze
- little top-ups are great and flexible
- loosing air: put chin more down; swallowing & using tongue opens epiglottis
- exercises to improve closing epiglottis:
- make dry MF and try swallowing immediately after MF, how long can hold MF
- put nose clip, put water in mouth, put head back and EQ using your MF EQ technique, then spit the water into glass - compare volume of water before and after
- can I EQ without using my tongue? yes I can!
- what depth do I take MF at?
- deeper you take - deeper you go -- not necessary true
- you need: the deepest you can take comfortable and solid MF

- for example - take good MF at 20 mt and try small top-ups deeper
- any mis-timing may guarantee you pour MF or trachea squeeze
- take MF shallower and check how long can you go with it?
- there is no single way and single "classic" template to do it
- it's hard to teach MF or BTV, but it's not so difficult to learn it
- you may use skills from BTV while training MF
- training exercises for MF with RV. But not FRC
- you can do 8-9 RV dives during session without risk
- when you are comfortable on RV dives and can reach at least 10mt - you can start "drops"
- drop - is head down dive with weight in hand to a target depth
- keep doing timing and relaxation right
- varying weight to get right submerging speed
- gradual, systematic, methodical and realizable progression at depth
- did I EQ successfully at last depth? had I air in my cheeks
- flexibility exercises - needed to remove limitations. need to progress as well;
- people doing wrong training: weight training - why? running - what for?
- can I do BTW just to one ear? yes, mucus can prevent other ear.
- could be caused milk or wheat products. try skipping them for 10 days
- in BTV - first 2 or 3 should be done quite fast. IE first 60 cm,
- try practice BTV on scuba at shallow depth
- How should I EQ till the mouthfill depth, if I can't do BTV?
- try using your mouth as well. use cheeks EQ and do top-ups. Aharon tries avoiding Frenzel
- Frenzel might bring bad habit to MF

12. Freediving Q&A session webinar with Aharon Solomons, about training depth. Visit us:
<http://www.freedivers.net>

<http://twitcam.livestream.com/ejhyq>

May 22, 2013

- diving to various depth and stopped by EQ issues on same depth - no air to EQ with
- frenzel issues - epiglottis control coordinated with soft palate
- on tongue movement swallowing air
- on CWT you exercise only half of the body - less stress and easier to EQ
- on CNF more movement and more effort for all body. Results EQ
- relaxation matters for successful EQ
- need to have dive tactical plan - to be relaxed
- question of style matters on result
- checking how we train for depth.
- working on RV (but no reverse packing). adding depth gradually & no weights
- going down with single mouthfill from surface up to 20 mt max
- start from slow submerging on RV and check how your EQ works
- then try doing drops. You may do 2-3 drops to 50mt, if 60+ only 1 drop per day
- you need to EQ quicker during drops - so you need to master EQ faster

- doing hold at depth, but be careful at this - you need a good safety for sure
- small top-ups but more frequently. no hard efforts for refill - might damage
- find your "point of non-deceleration" (when stop movement you don't slow down)
- one may calculate it in movements. Eg. 8 strong kicks then 8 soft kicks and that's it
- try avoiding dependencies during dive
- squeezes issue and chance of repetitive squeeze (most likely trachea squeeze)
- make sure manage depth gradually. no jumps
- lung squeeze - more rare, darker blood.
- single squeeze might be result of a huge jump in depth or big delay after last dive
- one more squeeze - might be to incorrect MF recovery
- long thin neck might have more physiological chance of squeeze
- thoracic flexibility. Stretching on full lung (no pack) and doing udayana
- neck and head exercises are helpful too
- ladies are more flexible in spine, than men
- you shouldn't ever have more than one squeeze - you're doing smth wrong. analyze your technique
- mental relaxation comes from confidence and planning. You shouldn't think about your dive
- we can't check mental relaxation, but we can check physical
- tension, begin creep in feet, starting bloodshift
- check out any invasion of tension and get rid of it
- find idea to control of invasion creeping in - and it will get automated with time
- best dives happen when we are fully on automated pilot and "let the things happen" - subconscious
- approach to be prepared to feel discomfort and be beyond it
- how to train EQ in 4 meter pool: make a rope or pole to pull yourself down
- get head down RV to the bottom with full cheeks (fill after RV)
- go down and count times you EQ
- stay down vertical. blow out air, recover, EQ, blow, recover, EQ... etc
- EQ will be very small and hard-to-feel
- if this goes ok do same but start with empty mouth and refill first on -1.5 m, then 2, then 2.5 etc
- try to udayana to make sure you have epiglottis shot
- how to train for 100 mt dive in 30 mt lake:
- try with full mouthfill on the surface and make sure you can go at least 20 mt with that
- check EQ quality and speed you go down
- drops on FRC to 30 mt (strength of FRC you define yourself) and hold at the bottom, not more than 1 min
- make sure you have partner or counter-weight
- analyze issues and think on solutions for them
- winter lactic training - hill repeats and vertical bare dolphin
- consider starting packing? try RV dives instead to get new sensation

13. Freediving webinar with Aharon Solomons - Q&A session. <http://www.freedivers.net>

<http://twitcam.livestream.com/ex1td>

July 03, 2013

- Frequently asked questions addressed.

- does performance in STA have strong correlation with CWT? No it does not, but it's a good benefit
- good STA and DYN test endurance to steer discomfort, mental and physical
- from DYN and STA you can get a feeling of "red" and "danger zone"
- CWT requires mental courage, comparing to pool
- deep dive sensations are quite similar to RV STA
- to prepare for deep dive Aharon runs 2 STA sessions per week. 1 full and one RV
- why do you insist on a good style? 1% increase in style gives 1% result. But 10% fitness may give nothing
- style worth investing time in it. For ex. good arrow position matters a lot and worth learning & stretching
- packing on shallow dives (20-30m) is a huge disadvantage rather than any help
- yoga and freediving. taking traditions and fancy style is unnecessary. Though some exercises helpful
- vegans and freediving. Not essential. Though might check zone diet and alkaline to see if it helps
- people might be allergic to wheat and milk products.
- Viscosity of mucus is thick and sticky - you might have EQ problems. Sinus problems might affect too
- DYN subject - length does not necessarily translate in depth
- why people are competing if they are not potential winner this year - to explore and develop own potential
- do realistic estimates and run own numbers. sometimes going with lower numbers will give better result
- dive preparation and planning. depth training and adaptation tactics
- recent students raining feedback and analyze

14. Webinar about stress breath hold and questions with Aharon Solomons from Freedivers.net

<http://twitcam.livestream.com/f7xsh>

August 13, 2013

- pregnancy and freediving. personal experience
- MT Solomons training. Weight loss and periods. After checking it was determined - she was pregnant
- was embrion hypoxic and would it suffer brain damage? Info research.
- to check it was recommended to do an ultrasound weekly to analyze development
- Ama divers were diving up to 8th month of pregnancy. Though ama are diving 25 mt max
- she also done an X-Ray during pregnancy, though she should not
- though the child is extremely sportish and challenging
- seems that bloodshift also favours the foetus in positive way, supplying more oxygen
- talking about superb dry exercises we do for superb breath hold (breathwalk)
- what is my immediate objective?
- explanation of dive plan drawing with numbers, depth explanation, buoyancy and glide stages
- meters for kicking and non-moving (gliding). summarized and transferred into seconds: 1mt ~ 1sec
- kicking would transfer in to walking on full lungs breath hold
- glide would summarise in to static before starting to walk
- do 3 repetitions. with 2, 2 and 3 minutes ventilation before.
- check distance you did and measure time it took you to walk there
- normal is 1 double pace per second
- check pulse 4 times: after vent; in the end of STA; in the end of walk; max pulse during recovery
- pulse numbers will describe your performance

- tachycardia and bradycardia explanation and meaning.
- different graphs for diff people. It should not change a lot during training - but you should know it
- getting bloodshift at land and measuring pulse with chest straps pulse meters
- this seems to be the optimal model to go with
- same scheme with RV, but without hold before walk
- empty lung training and adaptation
- before empty lungs - little breath. just little bit more than tidal volume. then just exhale completely
- lime juice might help, but very mild

15. Better understanding of freediving physiology weith Aharon Solomons, from freedivers.net

<http://twitcam.livestream.com/fbc75>

August 27, 2013

- DCS risk explanation
- Pippin announced 5 x 100 mt NLT dives, done in 30 min -- extremely high risk to fall from DCS
- His student done 4 x 120 and later 4 x 100 mt NLT dives in a day. In result got paralyzed
- packing as a great chance to increase DCS, and more over a great risk for NO narcosis
- Tanya Streeter suffered from narcosis on the bottom
- Aleksei is packing just to compensate difference between full breath on surface and submerged
- Effort involved in taking huge breath is really great. Diaphragm, chest etc are experiencing pressure
- Aleksei did 129 CWT in VertBlue and fell down lower the plate looking for tag. Narcosis
- Pippin floods his sinus and middle ear on the way down
- Greek sponge divers had burst eardrums with flood coming in
- competition in indonesia of Ama divers - used same technique with head-down drops up to 70 mt
- and they used large volume masks and doing BTV
- some of them practiced partial exhalation before they went down
- myoglobin and hemoglobin ratio of sea elephant is reverse from ours
- and they dive with empty lungs
- good RV STA does not usually correlate with full lung STA and pool DYN. But it grows much faster
- logic to switch technology and try alternative way to reach new records
- arrive of monofin on competitions
- people adapting to dive without goggles
- allergic reactions preventing us from EQ in the right ear
- making test and knowing what you are allergic for

16. Talk about trachea squeezes with Aharon Solomons, AIDA Instructor Trainer from www.freedivers.net

<http://twitcam.livestream.com/fdzu9>

September 11, 2013

- no warmup ideology for CNF
- you may try it but if trying you need to check it for some reasonable amount of time
- monofin switch for lead athletes
- sometimes it's a bad idea to learn from champions
- training STA we not only train to make less repetitions.
- we also do equal amount of full lung and empty lungs
- RV train (STA, DYN, breathwalk and shallow dives) helps us to adopt to sensation of scavenging air
- adaptation to stress. stress during dive aggregate like a water at a dam
- RV breathwalk. Similar model, just no STA before walk
- if you lose a straight line, while walking or get tunnel vision - stop and then proceed
- shallow RV dives - safety percussions and most common issues
- learning MF after Frenzel issues
- if you are losing air while diving - means you have open epiglottis
- RV training to prevent swallowing air
- RV head-down dives to 20 mt and
- then drops to needed depth (without weight) to feel real pressure and time factor
- try go as deep as possible on a single MF from surface
- doing drops get up using your needed method: CWT, CNF or FIM
- head position is important for EQ, air loss and MF loss
- MF air loss and reasons for it
- if you swallow air - on the next dive to same depth and focus on glottis & swallowing
- no tension on face or neck
- try to get auto pilot for whole EQ process to get rid of concentrating on it

17. Freediving Q&A session about squeezes, static and more. Aharon Solomons and Alina Tsivkin from www.freedivers.net

<http://twitcam.livestream.com/fguxx>

October 02, 2013

- (seems to be cut from start)
- doing multiple deep dives per day - you need to have things automated
- as you can't do a lot of 70mt dives you should practice on RV dives
- when ascent is too easy for you - you can take some weight from hand to neck and get up with it
- more stretch exercises we do - less RV we have in our body
- confidence after a non-successful deep dive goes down
- so we need to build a situation when we don't destroy our confidence
- every RV dive should be a learning experience that we understood

- you can safely do 5-8 RV dives per session, starting from 13mt up to 20 mt deep
- it's really needed to add flexibility and confidence
- physically you can re-oxygenate with one single huge breath, so there is no need for 2 min ventilation
- you should need to be ready to get out of the "Zone" and back in seconds
- french team interfere with their people while preparation - to make sure they don't stick as "spoiled diver"
- conditions won't always be perfect while preparations and diving
- Kalamata demonstrated that some people are not prepared for "conditions"
- flexibility exercises
- udayana and nauli (done by MT on YouTube)
- 10" ball exercise:
 - lay down on ball in "*crucified*" position, bring breath in upper chest, do around 10 breathes
 - same ball placement, but hands stretched up
 - do "udayana" and GENTLY take your ribs and massage the diaphragm to lift it higher
- pool sessions - over packing in pool is not recommended
- as well stretching on packed lungs may bring a huge risk to your lungs
- a lot of your voyage in to the depth you are doing it on an empty lungs
- so why we train STA on full lungs with packing?
- "scavenging" system meaning and explanation
- RV STA associates in your body with holding breath on depth
- 50% RV and 50% full lung training balance
- though it might be individual from person to person

18. Freediving webinar with Aharon Solomons. CO2 exercises.

<http://twitcam.livestream.com/findv>

October 15, 2013

- question on wreck dives to 18 mt - EQ issues and most likely due to head position
- though you must look down while freediving at wrecks
- last 2 webinars were cut by server and subject of trachea squeeze was cut out
- lung squeeze and trachea squeeze are completely avoidable
- numeros lung squeezes will build scars and result loosen lung flexibility
- training for pool disciplines: 2 ways to go here
- are you using pool to prepare for depth or pool competitions is the goal itself
- patterns are different and may waste time for different goals
- pool training does not mean progression in depth
- CO2 tables invented like 20 years ago and there are tons of variations
- "in order to progress you need stress". But stress itself does not make progress
- Progress made by body adaptation to stress. If stress is too big - body may crack
- balance between too little stress and too much stress
- If you give too much stress you hit a wall and might move back
- If you give too little stress - progress will be really slow or just stuck
- yogic exercise "Anuloma Viloma" - very slow breathing
- lie on back on yoga mat with a book like 7 cm under your head and maybe a 5 cm under shoulder blades

- knees slightly bend, to reduce curvature in lower lumbar area
- breathe as slowly as you can, but not due to expense of the breath quality
- if the next breath is rough or jerky (like you're hungry for air) you are doing it too slow
- don't worry about inhale vs exhale length proportion - keep in natural
- start from 15 breaths and add +1 every day up to 60
- you will notice heartbeat as well as whole metabolic process slowing down
- check time for whole session and log it with breath count and comments
- you may use fingers while counting, and mind should be focused on breathing
- body is build to adapt to CO2
- not sure it's needed to do standard CO2 tables along with this exercise
- EQ issues to be discussed in upcoming video
- allergic reactions and mucus thickness in eustachian tubes
- violent MF recover might bring to lung squeeze
- interesting fact: sharks can notice that you are freediving mammal

19. Webinar with Aharon Solomons on "Thoughts as a result of the accident in VB2013"

<http://twitcam.livestream.com/folgz>

December 04, 2013

- DeeperBlue accident and thoughts
- body adaptation process to increasing depth in really deep dives
- when you reach "your depth" you may afford only really gradual increase
- when stress is too much - body fall into entropy
- feeling depressed and frustrated - signs of overtraining
- pool overtraining happens a lot - more is not better
- you need to make sure what are you training exactly in pool today (style, strength or endurance etc)
- classic swimming programs do not work for freedivers
- running is not needed as well. you MIGHT need running if you're extremely unfit
- copying elite athletes will not work as well
- training schedule needs to be planned a lot
- for depth planning you need to analyze your dive
- and think of important things you need to make a successful dive
- what parts of these could be trained out of deep water
- how can I prepare myself best to the challenges of a deep diving
- autopsy can be quite misleading - and mistakenly missed with drowning
- issue with packing technique, that's done by elite athletes today
- do we actually need it? it was extremely effective around 80mt depth
- packing originates from Bob Croft - and his max was 73 mt
- packing brings you a lot of air available and makes your "scavenging system" start later
- when we are packing we are highly inflating the alveoli
- there we have capillaris, that responsible for O2 exchange
- when we go down it tends to constrict capillaris
- if it indeed does - it delays onset of the bloodshift
- and then it could be a possible danger for getting liquid into the alveoli

- we can get drown with our own liquid
- severe tension is build: 63, 68 and then 63 to 80 mt descent
- tension was build before the dive actually begun
- lung squeeze in one of former dives
- diver used snorkel while ventilation and did 100 mt. No packing as well
- pressure triggers and adaptation to pressure takes time.
- it takes YEARS for elite divers to adapt to pressure, not months
- elite divers are really attentive to "depth feeling". they are ready to skip the dive
- challenge is to moderate own ambition
- people plan to progress form 60mt to 80mt in a month during one session and
- it leads to problems and regular lung squeezes
- a great proportion of any deep freedive - you are virtually holding your air on RV
- are you sufficient with RV training?
- if you are forcing equalisation - it's definitely wrong
- if you are loosing air in cheeks on shallow depth - it's wrong
- you might need to train with RV and last MF taken on surface and go down up to 20 mt
- if air disappears on 5 mt - your "lock up" needs improvement
- do drops to emulate sensations of deep dives
- the art of "topping up" MF - do it earlier than later
- it's better to do a small "top-ups" after every or every several EQs
- some people do Frenzel with full cheeks, but not sure it's best idea
- with every EQ there is a chance of leaking air like swallowing
- you might go to up to 60mt from one successful refill
- stretching exercises to get prepared while winter season
- no stretching on packed lings (it's like overstretching balloon - similar might happen with your lungs)
- exactly following top divers will lead to problems. think for yourself
- attitude about training. if we have correct attitude - we minimize overtraining risk
- make realistic aspirations instead of running for non-chievable goals
- AIDA have quite strict ruling considering BO
- maybe they might need to bring in severity of the accident as well