



# DEPTH TRAINING

WITH WORLD CHAMPION FREEDIVER  
**MARIANNA GILLESPIE**

## BRING YOUR FREEDIVING TO THE NEXT LEVEL

IMPROVE YOUR SKILLS, INCREASE YOUR DEPTH AND LEARN THE TECHNIQUES USED BY ONE OF THE DEEPEST WOMEN IN THE **WORLD | RANKED #6**

DEPTH TRAINING WEEK is designed to develop the skills and knowledge necessary for you to be able to further your freediving progression and performances safely.

The purpose of the training week is to develop and master advanced freediving skills, techniques and knowledge for deep freediving such as free falling, Frenzel and Frenzel-Fattah equalizing, whilst minimizing the risk of injury. You will also gain insight into Marianna's personal methods, training routines, specific stretching exercises and psychological pre-dive preparation.

Open to all levels, from beginners to competitors, Marianna will personalise your training schedule progressively in accordance with your needs.

## TRAINING WEEK

EXPLORE YOUR TRUE POTENTIAL

- 7 open water sessions
- 6 theory sessions
- 5 dry equalisation sessions
- 3 stretching sessions
- 2 freediving trips

### **INCLUDES:**

- Diving insurance
- Transport to/from dive sites

### **OPTIONAL:**

- Traditional desert diner
- Additional training week

**DURATION:** 6 days / 14 days

**MAX STUDENT TO INSTRUCTOR** 4:1

### **REQUIREMENTS:**

To enrol on the DEPTH TRAINING WEEK you must be at least 16 years old and have an AIDA 2 Star certification (or qualifying certification from another freediving organisation). **Medical Certificate required.**

- Equipment required (3/5mm Wetsuit, Mask, Fins & Weightbelt)
- If you need to rent any Freediving Equipment, Contact Us

**RESERVATION & INFORMATION:** [info@mariannagillespie.com](mailto:info@mariannagillespie.com)



## DAY 1 LIGHTHOUSE

- 9:00 WELCOME MEETING
- 9:15 THEORY SESSION  
Freediving fundamentals explained (relaxation, full inhale & recovery breathing)
- 10:00 EQUALISATION  
Frenzel equalisation theory & dry practice
- 10:45 OPEN WATER SESSION  
Practice free immersion (equalisation, technique reviewal & correction), set neutral buoyancy
- 12:30 LUNCH BREAK
- 13:30 THEORY SESSION  
Diving physics & barotrauma
- 14:30 OPEN WATER SESSION  
Practice constant weight (technique reviewal & correction)
- 16:00 DEBRIEF

## TRAINING INFORMATION

### WEEK OUTLINE

- 7 Open water training sessions
- 6 Theory sessions
- 5 Dry equalisation sessions
- 3 Stretching sessions
- 2 Freediving trips

DURATION: 6 Days

MAX STUDENT TO INSTRUCTOR 4:1

### INCLUDES

- Diving insurance & transport to/from dive sites

### REQUIREMENTS

- Medical Certificate
- Freediving Equipment

## RESERVATION & INFORMATION

[INFO@MARIANNAGILLESPIE.COM](mailto:INFO@MARIANNAGILLESPIE.COM)

## DAY 2 BLUE HOLE

- 9:00 THEORY SESSION  
Lungs at depth, buoyancy & free fall
- 10:00 STRETCHING & EQUALISATION  
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:45 OPEN WATER SESSION  
Practice constant weight (fine-tune technique, negative buoyancy & free-fall body position)
- 12:30 LUNCH BREAK
- 13:30 THEORY SESSION  
Depth progression, variable weight technique & state of mind
- 14:30 OPEN WATER SESSION  
Depth progression, practice variable weight (equalisation & relaxation)
- 16:00 DEBRIEF

## DAY 3 GABR EL BINT

- 8:00 BOAT FREEDIVING TRIP  
Featuring exquisite corals and an abundant marine life, this dive site ranks amongst one of the most attractive sites of North Sinai

## DAY 4 LIGHTHOUSE

- 9:00 ADVANCED EQUALISATION  
Frenzel Fattah (mouth-fill) equalisation theory & dry practice
- 10:00 OPEN WATER SESSION  
Depth progression, practice variable weight (advanced equalisation) & constant weight
- 12:00 LUNCH BREAK
- 13:30 DEBRIEF

## DAY 5 BLUE HOLE & EL BELLS

- 9:00 STRETCHING & EQUALISATION  
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION  
Depth progression, practice constant weight (equalisation & relaxation), VWT optional
- 12:00 LUNCH BREAK
- 13:30 REEF FREEDIVING - EL BELLS
- 14:30 DEBRIEF

## DAY 6 BLUE HOLE

- 9:00 STRETCHING & EQUALISATION  
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION  
Attempt maximum performance in constant weight, VWT optional
- 12:00 LUNCH BREAK
- 13:30 WEEK DEBRIEF
- 16:30 DESERT DINNER

## OPTIONAL TRAINING EXTENSION

### DAY 7 EEL GARDEN

- 10:00 REEF FREEDIVING SESSION  
Featuring a beautiful coral garden resting above a sandy bottom inhabited by eels, the Eel Garden is our preferred dive site in Dahab

### DAY 11 RAS MOHAMED

- 7:00 NATIONAL PARK DAY TRIP  
Rated as one of the top 10 dives in the world, this site offers caves, tunnels, reef tops & walls and an amazingly abundant marine life

### DAY 12, 13 & 14 BLUE HOLE

- 9:00 STRETCHING & EQUALISATION  
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION  
Depth progression, practice constant weight (equalisation & relaxation), VWT optional
- 12:00 LUNCH BREAK
- 13:30 DEBRIEF

### DAY 8, 9 & 10 BLUE HOLE

- 9:00 STRETCHING & EQUALISATION  
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION  
Depth progression, practice constant weight (equalisation & relaxation), VWT optional
- 12:00 LUNCH BREAK
- 13:30 DEBRIEF

## TRAINING EXTENSION INFO

### WEEK OUTLINE

- 6 Open water training sessions
- 6 Dry equalisation sessions
- 6 Stretching sessions
- 2 Freediving trips

DURATION: 8 Days

## RESERVATION & INFORMATION

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