



DEPTH TRAINING

WITH WORLD CHAMPION FREEDIVER
MARIANNA GILLESPIE

BRING YOUR FREEDIVING TO THE NEXT LEVEL

IMPROVE YOUR SKILLS, INCREASE
YOUR DEPTH AND LEARN THE TECH-
NIQUES 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 WEEKS

EXPLORE YOUR TRUE POTENTIAL

- 13 open water sessions
- 6 theory sessions
- 9 dry equalisation sessions
- 9 stretching sessions
- 4 freediving trips

INCLUDES:

- Diving insurance
- Transport to/from dive sites

OPTIONAL:

- Traditional desert diner

DURATION: 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

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

INFORMATION WEEK 1

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

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

TRAINING WEEK 2

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

INFORMATION WEEK 2

WEEK OUTLINE

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

DURATION: 8 Days

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