



Christian Schneider

Freediving

A Beginners Guide



Always take a look under the surface

Table of Contents

Table of Contents	
Preface	
Freediving	
Freediving Disciplines	
Equipment	
Basic Rules for Safe Freediving	
Performance	
Lung Measurement	
Breathing	
Exercises:	
Urge to Breathe & Mammalian Diving Reflex	
Dangers	
Lung-Squeeze.....	
Hypoxia	
Hypercapnia.....	
Blackout & Loss of Motor Control (LMC).....	
Decompression Sickness.....	
Buddy-System & Safety	
Equalisation Techniques	
Exercises:	
Pressure and its Effects on the Body	
Boyle`s Law	
Dalton`s Law	
Henry`s Law	
Compression of the Lungs:	
Blood-shift	
Freediving A Visual Guide	
Relaxation & Mental-Training	
Stretching for Freedivers	

- Fitness Training.....**
- Dry Training.....**
- Static (STA)**
- Dynamic (DYN/DNF)**
- Depth Diving (CWT/CNF/FIM)**
- Procedure: Attempt to set a Personal Best**

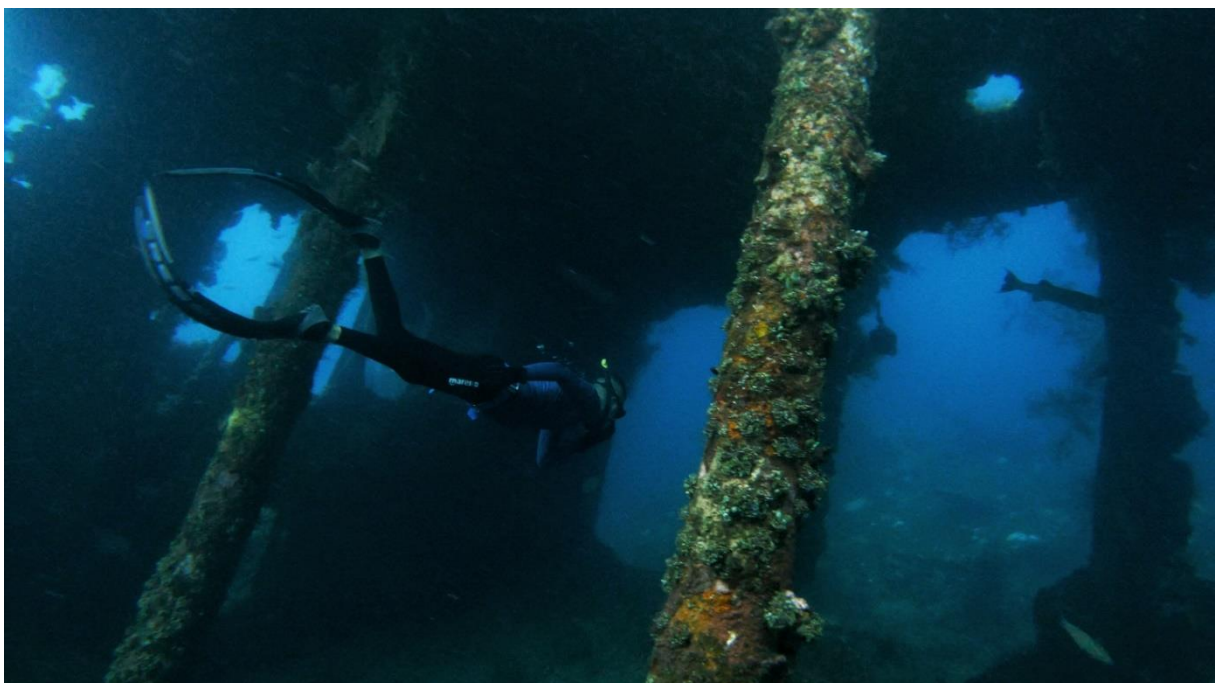
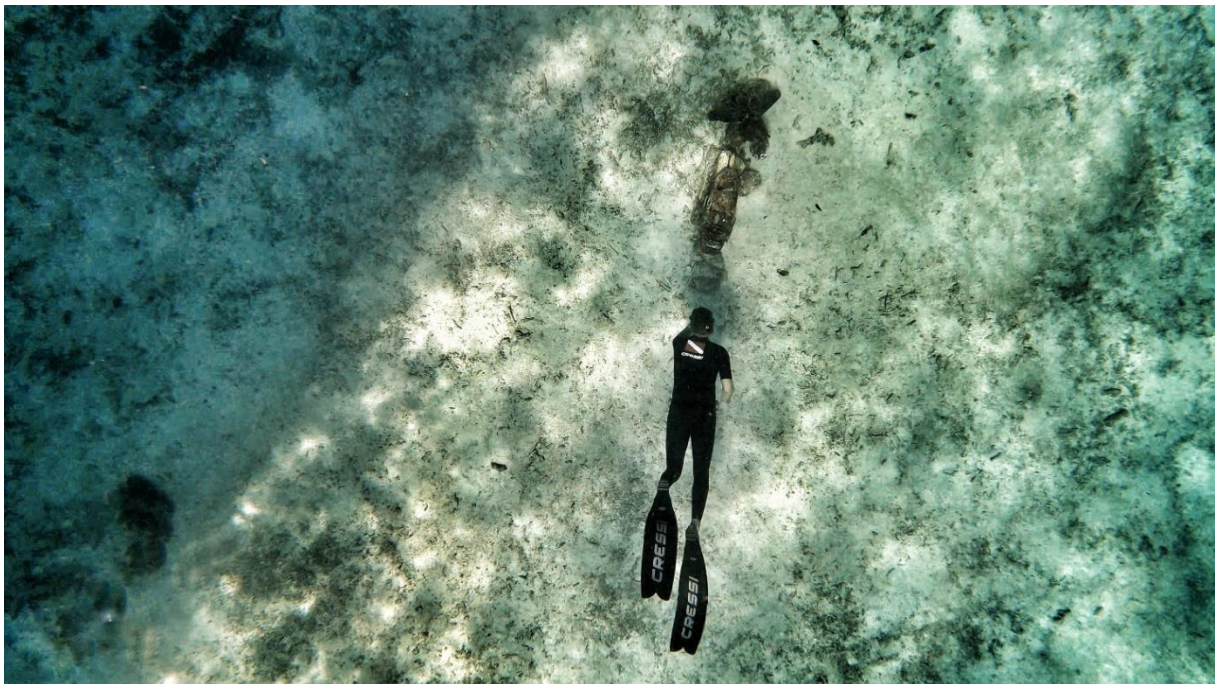




photo by @wowwlog

Preface

This manual is intended for both beginners and advanced freedivers and provides an overview of the basics of freediving. My main goal was to summarize essential knowledge and training methods to offer beginners a solid foundation to build upon. Combined with a freediving course, this guide will help you deepen, expand, and apply the knowledge you've acquired in practice.

My name is Christian Schneider – Freediving Instructor, certified Fitness & Personal Trainer, and much more. In 2021, after decades of passion for freediving, I made the best decision of my life and began my training to become a Freediving Instructor.

Since 2022, I have been working as a freelance Freediving Instructor, and in 2024, I founded Apnea-Vienna. I'm excited to share my passion with like-minded individuals. During my travels around the world, I've had and continue to have the privilege of meeting top-class athletes and instructors from across the globe. I use these encounters as an opportunity to exchange ideas and learn from them.

In my courses I place great importance on creating a relaxed atmosphere and maintaining the highest safety standards, because only those who feel comfortable and safe can reach their full potential. Due to my passion for teaching, I especially enjoy inspiring my students to embrace freediving and experience the breathtaking beauty of the underwater world. My drive is to continuously grow, personally, as a freediver and instructor.



Freediving

Know your limits and dive to explore the beauty of the underwater world. Freediving is much more than just a sport; it is a journey within ourselves. Through it, we explore our limits, control our body and mind, allowing us to dive longer, farther, and deeper. In the silence of the underwater world, we find peace from the stressful world above the surface and lose ourselves in its beauty. Freediving enables us to become one with nature and with ourselves.

„If you want to study fish, you’d better become a fish yourself.“ – Jacques-Yves Cousteau

This life-enriching experience will also help you in many situations above the surface and positively transform your life. The freediving community is built on mutual support, respect, and inspiration, encouraging you to give your best. It offers an atmosphere of connection and shared growth, where experiences are exchanged, techniques refined, and new friendships formed. It is a world where you feel at home, no matter where in the world you find yourself.



Freediving Disciplines

Static (*STA*)

The freediver holds his breath for as long as possible with his nose and mouth immersed while floating on the surface of the water or standing on the bottom of a pool.

Dynamic without Fins (*DNF*)

The freediver travels in a horizontal position underwater attempting to cover the greatest possible distance using a modified breaststroke. Propulsion aids of any sort are prohibited.

Dynamic with Fins (*DYN*)

The freediver travels in a horizontal position underwater attempting to cover the greatest possible distance. Any propulsion aids, other than fins or a monofin are prohibited.

Constant weight without Fins (*CNF*)

The freediver descends and ascends underwater using a variation of breaststroke swimming stroke without the use of propulsion equipment and without pulling on the rope.

Constant weight with Fins (*CWT*)

The freediver descends and ascends with the use of fins/monofin and/or with the use of his arms. Pulling on the rope or changing his ballast will result in disqualification; only a single hold of the rope is allowed in order to turn and stop the descent and start the ascent.

Free Immersion (*FIM*)

The freediver dives under water without the use of propulsion equipment (fins) but uses the rope to pull to descend and ascend.

Variable weights (*VWT*)

The freediver descends with the help of a ballast weight and ascends using his own power: arms and/or legs, either by pulling or not pulling on the rope.

No Limits (*NLT*)

The freediver descends with the help of a ballast weight and ascends via a method of his choice, or example, by inflating a bag at depth.





FREEDIVING - A VISUAL GUIDE

