



# Dry Training for Freediving

*By Umberto Pelizzari, Federico Mana, Roberto Chiozzotto*

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Training method that allows freedivers and spear fishermen to identify and customize training programs aimed at improving their freediving performances. Analysis and management of physical preparation. Training stages. Physical training for freedivers. Freedivers and Athlete. Mental training. Running. The bicycle. The gym. Swimming. Yoga. Support for training.

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### **Editorial Review**

#### **Review**

This book is exactly what I was looking for, thanks. I have a lot of admiration for Umberto (and Stig Severinsen for that matter) and I hope to meet them at some point. Thanos P. Kakoulidis, M.D. Laparoscopic and Bariatric Surgeon --Thanos P. Kakoulidis, M.D. Laparoscopic and Bariatric Surgeon

#### **About the Author**

Umberto Pelizzari 1990 freediver world champion. first man to dive beyond 150 meters depth in no limits. Federico Mana first Italian freediver to dive 100 mt depth in constant weight. Roberto Chiozzotto freediver instructor and trainer.

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