

NAGER EN APNÉE



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Free Diving

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Broaden your aquatic horizons with the "fifth stroke"!

Most books about freediving focus mainly on lung training, but apnea swimming offers a different approach: namely, underwater propulsion.

What are the principles of such underwater propulsion? Does it come easily or naturally? What are the risks involved? Is it better suited to a prone or supine position? With arms outstretched or pulled back along the sides? Apnea swimming, referred to as the "fifth stroke," is beginning to catch on in the sporting world. This book breaks it down, providing tips based on the trial and error of personal experience. Its goal is to give swimmers the desire to try out this new swimming technique for themselves, with or without fins.
