

DIVING EPICENTER
FREE DOWNLOAD

The Freediver's Starter Guide

5 Things Every Freediver Should Know

Add a full minute to your breath-hold this week — without hyperventilating, straining, or a single dangerous shortcut.

A FREE GIFT FROM DIVING EPICENTER

A Calm Diver Is A Good Diver

Read time: 10 minutes · Try it today

⚠ One safety rule before you start: never practice breath-holds in or near water without a trained buddy. Everything in this guide is done safely on dry land.

Are Freedivers Just Crazy...

If you've ever come up from a dive gasping — heart pounding and a little rattled, this guide is for you.

The truth is that holding your breath longer is a trained skill, not a gift you're born with. The freedivers you see gliding calmly through the blue for minutes at a time started exactly where you are. They just learned a handful of things nobody ever taught you.

This short guide gives you five of them. Read it in about ten minutes, try the simple exercise at the end today, and you can realistically add close to a full minute to your comfortable breath-hold this week. No hype, no danger, no special genetics required.

Get a head start:

From Florida's first-magnitude springs to the Gulf. We made this guide to give you a real, safe head start. Enjoy it.

THE 5 THINGS

Nobody Tells You About Holding Your Breath

Read these once and your dives will already feel different.

1. It's Not About Oxygen

That desperate *I-need-to-breathe-NOW* feeling is not your body running out of oxygen. It's your brain reacting to rising carbon dioxide (CO₂) and hitting the panic button early — usually way before you're actually low on air.

Why this matters: once you know the urge is a false alarm, you can learn to stay calm through it instead of bolting for the surface. That single mental shift is worth more seconds than any lung exercise.

2. Relaxation Beats Lung Size

People assume big lungs win. They don't. A calm, relaxed diver burns far less oxygen than a tense one — and can out-hold someone with much bigger lungs who's clenched up and anxious.

Every muscle you relax, every bit of tension you release, is oxygen saved and time gained. Calm isn't a nice-to-have in freediving — it's the whole game.

3. You're Probably Breathing Wrong

Most people breathe shallow, into the chest. But your lungs fill most fully and efficiently from the bottom — which means breathing from your belly, using your diaphragm. Chest breathing leaves your best air space empty and keeps you tense.

Learning the full, slow belly breath is the foundation everything else is built on — and it's the first thing you'll fix (there's a simple version at the end).

4. Never, Ever Hyperventilate

It feels productive to take fast, heavy breaths before a hold to “load up on air.” It's actually the single most dangerous thing a beginner can do — the leading cause of blackout, because it quietly switches off your early-warning system.

The right approach is the opposite: slow, calm breathing that keeps you safe and relaxed. If you ever feel like you're huffing before a dive, stop.

5. Progress Comes Faster Than You Think

Here's the exciting part. Research on beginners has shown breath-hold times jumping 30–40% in as little as two weeks of practice. Most people start around 30–60 seconds — **and with a structured method** can roughly double that in about three weeks. You're closer to a two- or three-minute hold than you think.

★ **Pro tip: These methods also help activate the parasympathetic nervous system slowing heart rate and increasing GABA, decreasing stress hormones!!!**

Longer breath-holds come from calm and technique, not from suffering or straining. Train the alarm and the breath, and the seconds show up almost for free.

FIRST, A QUICK TEST

Your Raw Baseline — No Technique

Before you learn a single trick, let's see where you're starting from.

Let's get an honest starting point. Right now, with zero technique, we're just going to find out how long you can hold your breath — so that in about ten minutes you can prove to yourself the difference a little technique makes.

No preparation. No special breathing. No tricks. Just do exactly this:

Step 1 — Sit or lie down comfortably

Somewhere quiet, relaxed, on dry land. Have a timer ready (your phone is fine).

Step 2 — Breathe normally, then hold

Take one normal breath — nothing fancy, don't force it full — start your timer, and hold your breath for as long as you comfortably can. When you feel you need to breathe, let it go and stop the timer.

Step 3 — Write down your time

That's your raw baseline. This is your “before” number — right now, today, with no method at all.

Write it here

My raw baseline (no technique): _____ seconds. Keep this number handy — you'll want to compare it in about ten minutes.

Don't judge the number. Whether it's 20 seconds or 90, it doesn't matter one bit — it's just your starting line. Now let's see how much better you can do with a little help.

Safety reminder: do this sitting or lying down, never in or near water, and never with fast breathing beforehand.

NOW TRY IT WITH TECHNIQUE

Your First Exercise: The Calm Breath-Up

Ten minutes, lying down, on dry land.

This is the exact foundational drill freedivers use to relax and prepare. It costs you nothing and you'll feel the effect immediately. ***This will activate the parasympathetic nervous system and increase GABA while decreasing stress hormones. You may even want to use this on a regular basis to help reduce stress.*** Read it once, then try it.

Step 1 — Get comfortable

Lie down somewhere quiet. Put one hand on your belly, one on your chest.

Step 2 — Breathe from the belly

Breathe in slowly through your nose and make your BELLY hand rise first — before your chest. Your chest hand should barely move. Breathe out slowly and let the belly fall. Shoulders stay relaxed and down.

Step 3 — Slow it right down

Now lengthen the exhale: breathe in for 4 seconds, and out for 6. That longer exhale is what switches on your body's calm, relaxed setting and slows your heart. Do this for about 2 minutes.

Step 4 — A gentle, relaxed hold

After a few slow breaths, take one full, comfortable breath and simply hold — relaxed, lying down — until you feel the FIRST real urge to breathe. Not your limit. Just the first nudge. Note the time, then breathe normally.

★ Now compare the two numbers

Raw baseline (no technique): _____ sec. After the calm breath-up: _____ sec. Did you see a difference? That jump came from nothing but relaxing and breathing properly. Now how do you feel? Do you feel more calm?

READY FOR A FULL THREE MINUTES?

You just took the first step. Here's the next one.

Look back at those two numbers — your raw hold, and your hold after one simple breath-up. That jump you just felt? **That's your first victory!** And it came from spending a few minutes on one simple technique.

Now imagine stacking three more skills on top of it over twenty-one days: full breath mechanics, CO₂ tolerance so the urge to breathe stops running the show, and oxygen economy so you last far longer on every hold. Each one adds to the last. That first little jump is just the door opening.

Hold Your Breath: 3 Minutes in 3 Weeks

If you liked the taste of your first victory and perhaps the calm you felt after, our complete, follow-along program takes a total beginner from a typical 30–60 second hold to a calm, controlled three-minute breath-hold in just twenty-one days — using four simple skills, one step at a time.

No Gimmicks just simple easy steps and tools:

- **Ebook** — your complete, easy-to-read roadmap through all four skills, *with the science of why each one works* (about a 30-minute read).
- **Printable Toolkit** — a 21-day calendar, progress log, CO₂ & O₂ tables, exercise sheets, cheat sheet, and a “3-Minute Club” certificate for the day you hit your 3-minute-mark.
- **Exclusive Video Series** — follow-along videos for every technique. Get the exact steps not just on paper, but learn by example watching your exclusive video collection.

What it gives you: longer, calmer time on the bottom so you see more and panic less and the quiet confidence of a diver who belongs down there.

Get the Program By Clicking Here

Or go to: <https://diveepicenter.com/shop>

Twenty-one days from now, you could still be fighting for ninety seconds — or gliding through three calm minutes, seeing what others may never see. The water's been waiting.

Train safely: never practice breath-holds alone in water and never hyperventilate.