

BENCHMARKS



Sweet 16 DYN

16 x 50 meter DYN.
Complete as quickly as possible.
For bifins, add 30 seconds onto the
Badge times.

Green: 20 minutes.
Blue: 18 minutes.
Red: 16 minutes.
Gold: 14 minutes.



Sweet 16 DNF

16 x 50 meter DNF.
Complete as quickly as possible.

Green: 32 minutes.
Blue: 28 minutes.
Red: 24 minutes.
Gold: 20 minutes.



500m Over/Unders

500 meters, 25m swim + 25m DNF,
no rest (swim time is your recovery time),
no weights, no wetsuit.
Complete as quickly as possible.
Measured for time.
For 50 meter pool, start with DNF, a
dd 30 seconds onto Badge times.

Green: 14 minutes.
Blue: 12 minutes.
Red: 11 minutes.
Gold: 10 minutes.



Tortuga Race FIM

20 meter slow FIM.
Complete as slow as possible.
Special care should be taken with safety.

Green: 2 minutes.
Blue: 3 minutes.
Red: 4 minutes.
Gold: 5 minutes.



Tortuga Race 50

50 meter slow crawl. Should carry enough weight to
be able to walk on the bottom of the pool.
Complete as slow as possible.
Special care should be taken with safety.

Green: 2 minutes 30 seconds.
Blue: 3 minutes 30 seconds.
Red: 4 minutes 30 seconds.
Gold: 5 minutes 30 seconds.



STA Max

20 minutes of STA with minimum recovery breaths.
Recovery breath is: exhale, one breath, inhale.

Green: 12 recovery breaths.
Blue: 10 recovery breaths.
Red: 8 recovery breaths.
Gold: 6 recovery breaths.



Hero of the Week

Best result worldwide in a WOW
(when the WOW is a Benchmark Workout)
(gold)

COMPLETE FREEDIVER



Complete Freediver

145
Completes 100 meter DYN, 40 meter CWT, 5 minute STA

166
Completes 100 meter DNF, 60 meter CWT, 6 minute STA

287
Completes 200 meter DYN, 80 meter CWT, 7 minute STA

308
Completes 200 meter DNF, 100m CWT, 8 minute STA

EXPERIENCES



Macguyver

Patch your own fins.



Naturalist

Dive nude to 30 meters. Lanyard mandatory.
No fins (FIM is acceptable but extra respect for CNF).
Goggles and noseclip optional.



Brain Freeze

Dive in water that is less than 1 degree Centigrade.
Dive must last a minimum of 10 minutes.