

OPENWATER TRAINING

PROJECT

training in sea

TOOLS

swimsuit only

TARGET

Ulni quassi aborestu, conectur sinulpa, am que.

ORGANISATION : BY OURSELVES

Dieppe & Fécamp - Normandy - France

Usual training in sea, every weather even cold, Max height of waves : 2 meters .

Photos : My best friend & I



6^{ème} FÊTE DE L'EAU LIBRE
Dimanche 2 juin 2019

Base nautique de
Longueil S^{te} Marie (60)

1km - 3km - 5km
Inscriptions : www.timepulse.run

Ois'eau libre
La natation en liberté

Infos : www.oiseaulibre.com

2^{ème} NUIT de l'EAU LIBRE 8 septembre 2019

MINUIT 12h **MIDI de nage**

Ois'eau libre
La natation en liberté

Infos
Inscriptions

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www.oiseaulibre.com
www.timepulse.run



ICE SWIMMING AMSTERDAM

EUROPEAN CHAMPIONSHIP

ice swimming

TOOLS

wetsuit only

TARGET

200m & 500m record de France Master 1

ORGANISATION

Volendam Openwater championship

water temperature : 3,4 °C

200m,
500m, record de France Master 1

1

french record

500m

in pool

3,4°C

water temp.



USUAL TRAINING
all along the year
in a lake even frost
temperatures !

2^{ème}
NUIT
de
l'EAU
LIBRE

8

septembre
2019

MINUIT
12h

MIDI
de nage



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12 HOURS - SOLO SWIM



CROSSING CHANNEL (RELAY6) 2016

PROJECT

channel crossing - June 2016

TOOLS

swimsuit only

BUDGET

3000€

TARGET

Crossing channel swimming from Dover to Calais.

ORGANISATION

CSPF organisation

Relay team 6 swimmers, 12 hours swim , I went 3 times in the sea for 12km swim in total, touching ground in Sangatte (France), swimming twice by night, (with bad weather for finishing and jellyfishes ;-))

12 h

swim

56km

in sea

16°C

water temp.

MARATHON SWIM ZURICH (26KM)

PROJECT

Crossing Zurich lake

TOOLS

wetsuit only

BUDGET

500€

ORGANISATION

27,4 km crossing in lake - August 2014 & 2017

RACE

Sri Chinmoy marathon swim & races

International challenge, Podium : 2nd place in relay team
2 swimmers (with my duo friend Frederic Hervelin)

6h30

swim

**27,4
km**

in lake

21°C

water temp



“COUPE DE FRANCE” OPENWATER CHAMPIONSHIP

PROJET

coupe de france eau libre

PODIUM

vice-championne de France, catégorie Master 1

ORGANISATION FFN

Finale Jablines 2016 - Final Cup 2016

Photos :

1/ Avec Axel Raymon, champion du Monde eau libre

With Axel Raymon, openwater world champion

2/ Podium Tour du Roc 7,5 Km

Podium Normandy 7,5 km race

3/ Finale à Jablines - championnats de France







Duo team openwater : Eve GAILLARD & Frederic Hervelin
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