

Fire Cold Plunge Training Manual - Ten Ways to Level-Up Your Cold Game

Cold plunge is a challenging state that can be physically, emotionally, and psychologically uncomfortable. To increase your capacity to tolerate extreme cold exposure and transform your life, you need to optimize your set and setting, and develop the necessary skills. Here are ten ways to level-up your cold game:

Exhale When Entering the Water: When entering the cold water, exhale instead of inhale. This technique, used by Navy Seals, limits the adrenaline response and increased heart rate that happens when diving into cold water.

Pick a Single Point of Focus: Pick a single point of focus in your visual field and stare at it throughout the duration of your cold plunge. This technique keeps you present, prevents your mind from escaping the cold, and increases your capacity for focus and concentration under extreme stress or challenging emotional states.

Set a Goal: Using the provided minute timer, set a goal for your plunge. Pick a goal you know you can accomplish and then stretch it every day/week in small increments. This builds self-confidence and consistency.

Set the Temperature: Set the temperature to a temperature that you are capable of doing at least 30 seconds in. Then incrementally decrease the temperature each day/week until you reach your potential.

Determine a Breathing Tempo: Pre-determine a breathing tempo you will follow. This can keep you in touch with your breath, body, and the cold, and prevent you from creating a fight or flight response. Eventually, your breath will breathe on its own at your desired tempo.

Breath Hold on Exhale: After 30-40 breaths, try the breath hold on exhale technique from the Wim Hoff Method. It drops your heart rate and increases your cold endurance by about 30-50% in the moment. Take a break from the breathing to prevent cramping and lightheadedness that can accompany prolonged frequent heavy deep breaths.

Have a Sitter: Mitigate the fears and real risks of cramping, passing out, heart issues, by having a sitter to hold space for your plunges. At least at first until you are comfortable and have some experience under your belt.

Choose Your Time Wisely: Avoid doing a cold plunge after a big workout as it decreases inflammation. Try doing heat exposure first and then cold, or find what works for you.

Keep Moving Forward: Move as slow as you like, but do not let yourself stop or move backward when getting into the cold. This principle of the power of commitment can help you build solid momentum and progress.

Create a Beautiful Space: Build a beautiful and inspiring space. The wood look, the LED lights, and the bamboo floor mat are all aspects of creating a safe and productive cold plunge.

Optimizing your set and setting, and developing the necessary skills can help you increase your capacity to tolerate extreme cold exposure and transform your life. Incorporate these ten ways to level-up your cold game into your routine, and watch your cold game level-up.