

Xtreme Aqua Workshop: Participant Guide

With Chris LaCour

 Sunday June 8, 2025  Duration: 45 minutes

Welcome to the Xtreme Aqua Workshop

This 45-minute session is designed to help you explore the power and potential of high-intensity aquatic fitness using the Xtreme Aqua format — a no-fluff, all-impact approach to pushing physical limits safely in the water.

Whether you're an instructor, enthusiast, or athlete, you'll walk away with insights, moves, and mindset tools to help bring more intensity — and smarter recovery — into every aquatic workout.

What We'll Cover

Without giving too much away, here's the flow you can expect during our session:

- A warm welcome and how this workshop came to life
 - The “why” behind Xtreme: what makes it unique and necessary
 - Key benefits of high-intensity aquatic training
 - A breakdown of four core movement segments:
Body Work, Noodle Work, Buoy Work, and Wall Work
 - Simple ways to evolve your classes from base to Xtreme
 - Tips on transitions, pacing, and variety
 - Q&A and live discussion with your peers
 - Actionable takeaways to bring back to your next class or training session
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Before You Dive In:

- You *don't* need to memorize anything before we start — just bring an open mind
 - You *may* want to take notes during movement breakdowns or coaching tips
 - This workshop is structured, but flexible — expect a mix of science, strategy, and story
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What You'll Leave With:

- A better understanding of how water can deliver real strength, endurance, and fat-burning results
 - Proven benefits of aquatic HIIT: from VO₂ max to EPOC and beyond
 - Practical techniques you can implement right away — whether you're teaching or training
 - New approaches to pacing, cueing, and segment integration
 - A sense of what's possible when you push past perceived limits
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Want to Share or Stay Connected?

We'll wrap with an open Q&A and resources for further training, advanced workshops, and community contact links — so you can stay inspired and supported long after the session ends.
