



DEEP CAMP MIGUEL LOZANO

From 10 to 13 October 2017
APNEA CANARIAS TENERIFE

The objective of the course is to work the most important parts of a deep immersion:
Technique, Deep Equalization, Adaptation and Extended Diving Time
Without these four basic factors it is impossible to increase the depth

PROGRAM

Tuesday October 10

9:00 Presentation of the course
10:00 Lung Stretching, diaphragmatic and thoracic flexibility
11:00 First session open water (Day of adaptation + technique)
12:30 Break
13:00 Second session open water (Day of Adaptation + technique)
14:30 Food

Wednesday, October 11

9:00 Theory of Equalization Frenzel & Mouthfill
10:00 Lung Stretching , diaphragmatic and thoracic flexibility
11:00 First session open water(Mouthfill exercises + Technique FIM & CWT)
12:30 Break
13:00 Second session open water (Mouthfill exercises + FIM & CWT technique)
14:30 Food
19:00 Video Technical Analysis

Thursday, October 12

9:00 Theory (Diving in residual(FRC) + Static in depth)
10:00 Lung Stretching , diaphragmatic and thoracic flexibility
11:00 First session open water (Exercises Diving in residual(FRC) + Static in depth)
12:30 Break
13:00 Second session open water (Exercises Diving in residual + Static in depth)
14:30 Food

Friday, October 13

9:00 Theory of Maximum performance
10:00 Lung Stretching , diaphragmatic and thoracic flexibility
11:00 First session open water (Variable Weight + deep dive)
12:30 Break
13:00 Second session open water (Deep Dive)
14:30 Food

* The program can change depending on logistics and weather conditions

Price: € 285 Does not include flights or meals.

* Atlantic Cup Competition (14 and 15 October) Not included.

Info tenerife@apneacanarias.com

* Optional accommodation managed by ApneaCanarias

tenerife@apneacanarias.com

* If you do not have material you can use our Apnea equipment for free. * Material storage, showers and WIFI included.

Reservations

info@miguelozano.com

