



**FREEDIVING TRAINING CAMP TENERIFE**  
**From 31 October to 3rd November 2019**  
**@APNEA CANARIAS**

*Increase your depth, improve your skills and learn new techniques with one of the most charismatic and strongest freedivers in the World.*

From 31st October to 3rd November 2019, professional freediver Miguel Lozano, second third Freediver in the World in Free Immersion, organize a Freediving Training Camp in Radazul (Tenerife) at Apnea Canarias Freediving Center.

The course based mainly on Free Immersion, Constant Weight with fins and Constant Weight without fins, will go through theory and practise. Deep equalization, Mouthfill, exhale diving, relaxation and mental barriers, will be the main topics of the course.

*Doesn't matter your level. This course is from begginers to competitors. Miguel will work individually in every students needs.*

**Info:**

- The water temperature is around 21/22°C
- Medical Certificated required
- 3mm or 5mm Suit is required
- If you need any freediving equipment you can take it from the Center.
- We will meet Thursday 1st at 8:00am at the Freediving Center ( Apnea Canarias)

\*PRICE **ONLY** Training Camp: 290€ (4 days training)

For information & Booking:  
[miguel@miguelozano.com](mailto:miguel@miguelozano.com)  
[tenerife@apneacanarias.com](mailto:tenerife@apneacanarias.com)



**FREEDIVING TRAINING CAMP TENERIFE**  
**From 2nd to 5th May 2019**  
**@APNEA CANARIAS**

**Thursday 31st October**

8:00 Presentation  
9:00h Stretching  
10:30h First Sea Session (Day of adaptation + technique)  
12:30h Break  
13:00h Second Sea Session (Day of adaptation + technique)  
15:30h Lunch  
17:30h Video analysis technique

**Friday 1st Novemeber**

8:30h Theory FRC + Mouthfill Secuencial Pressure + Long STA  
9:00h Stretching  
10:30h First Sea Session (FRC + Mouthfill + Long STA)  
12:30h Break  
13:00h Second Sea Session (FRC + Mouthfill + Long STA)  
15:30 Lunch

**Saturday 2nd Novemeber**

8:30h Theory Mouthfill Constant Pressure + CNF + NOLIMITS  
9:00h Stretching  
10:30h First Sea Session (FRC + Mouthfill + Long STA)  
12:00h Break  
12:30h Second Sea Session BOAT (Deep Dive + No limits)  
15:30 Lunch  
17:30h Video analisis technique

**Sunday 3rd Novemeber**

9:00h Stretching  
10:30h First Sea Session (FRC + Mouthfill + Long STA + CNF)  
BOAT (Deep Dive + No limits)  
12:30h Break  
14:30 Group Lunch

\*Program can be change depends on logistics and weather conditions