



FREEDIVING TRAINING CAMP DAHAB

From 2nd to 6th December 2019

@DAHAB FREEDIVERS

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

From 2nd to 6th of December 2019, professional freediver Miguel Lozano, the third deepest Freediver in the World in Free Immersion, organize a Freediving Training Camp in DAHAB in the facilities of DAHAB FREEDIVERS.

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, extender dive times, 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 and his team will work individually in every students needs.

Info:

- The water temperature is around 24/25°C
- Medical Certificated required
- 3mm or 5mm Suit is required
- If you need any freediving equipment you can use it from the Center.
- We will meet Monday 15th at 8:30am at the Freediving Center (DAHAB FREEDIVERS)

Includes:

- Transfer from/to Airport Sharm el Sheikh/Dahab
- 6 days accommodation (Red Sea Relax) Double Room with aircon and breakfast
- Training sessions in Blue Hole (taxi included). Base on deep equalization training (mouthfill)
- Daily Theory session and morning stretching

***PRICE FULL** Training Camp:

570€ (with transfer Airpot Sharm/Dahab/Sharm and accommodation)

****50€** supplement for single room

***PRICE ONLY** Training Camp: 350€ (5 days training)

Food and flights are not included

For information & Booking:

info@dahabfreedivers.com

miguel@miguelozano.com



DEEP TRAINING CAMP MIGUEL LOZANO
From 2nd to 6th December 2019
@DAHAB FREEDIVERS

PROGRAM

Monday 2nd of December

8:30 Presentation of the course
9:30 Taxi Blue Hole
10:00 Blue Hole Stretching
10:45 Blue Hole First Session (adaptation day FIM + CWT)
12:15 Rest
12:45 Blue Hole Second Session (adaptation day FIM + CWT)
14:15 Lunch
15:30 Taxi Dahab
19:00 Video Analysis Technique

Tuesday 3rd of December

8:30 Theory Frenzel & Mouthfill
9:30 Taxi Blue Hole
10:00 Blue Hole Stretching
10:45 Blue Hole First Session (Mouthfill exercises + Technique FIM & CWT bifins)
12:15 Rest
12:45 Blue Hole Second Session (Mouthfill exercises + Technique FIM & CWT bifins)
14:15 Lunch
15:30 Taxi Dahab

Wednesday 4th of December

8:30 Theory (Exhale Diving + Depth STA)
9:30 Taxi Blue Hole
10:00 Blue Hole Stretching
10:45 Blue Hole First Session (Exhale Diving + Depth STA exercises)
12:15 Rest
12:45 Blue Hole Second Session (Exhale Diving + Depth STA exercises)
14:15 Lunch
15:30 Taxi Dahab

Thursday 5th of December

8:30 Theory (Constant Pressure Mouthfill + CNF)
9:30 Taxi Blue Hole
10:00 Blue Hole Stretching
10:45 Blue Hole First Session (Constant Pressure Mouthfill exercises + CNF)
12:15 Rest
12:45 Blue Hole Second Session (Constant Pressure Mouthfill exercises + CNF)
14:15 Lunch
15:30 Taxi Dahab
19:00 Video Analysis Technique

Friday 6th of December

9:00 Taxi Blue Hole
9:30 Blue Hole Stretching
10:15 Blue Hole Session (Variable Weight + Deep dive)
12:15 Rest
12:30 Lunch
14:00 Taxi Dahab
17:00 Dessert Dinner

*Program can be change depends on logistics and weather conditions