

FREEDIVING TRAINING CAMP KOH TAO
From 14th to 17th January 2021
@APNEA TOTAL

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

From 14th to 17th January 2021, professional freediver Miguel Lozano, 3rd deepest Freediver in the World in Free Immersion with -122m, organize a Freediving Training Camp in Koh Tao (Thailand) at APNEA TOTAL Freediving School.

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 (sequencial and constant Pressure), exhale diving, prolonged dive times at depth, relaxation and mental barriers, will be the main topics of the course, to increase your depth.

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 28°C/30°C
- Medical Certificated required
- Equipment Required (Suit, fins, mask, snorkel, belt)
Otovent and Noseclip recommendable
- If you need any freediving equipment you can take it from the Center.
- We will meet Thursday 14th at 11:30am at the Freediving Center (Apnea Total)

*PRICE Training Camp: 400\$ (4 days training in Double sea Session)

For information & Booking:
info@apneatotal.com
miguel@miguelozano.com

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Thursday 14th January

11:30 Presentation
12:30h Stretching
13:30h First Sea Session (Day of adaptation + technique)
15:00h Break
15:30h Second Sea Session (Day of adaptation + technique)
17:00h Rest
19:00h Video analysis technique

Friday 15th January

11:00h Theory FRC + Mouthfill Secuencial Pressure + Long STA
12:30h Stretching
13:30h First Sea Session (FRC + Mouthfill + Long STA)
15:00h Break
15:30h Second Sea Session (FRC + Mouthfill + Long STA)
17:00 Rest

Saturday 16th January

11:00h Theory Mouthfill Constant Pressure + CNF
12:30h Stretching
13:30h First Sea Session (FRC + Mouthfill + Long STA)
15:00h Break
15:30h Second Sea Session (FRC + Mouthfill + Long STA)
17:00 Rest
19:00h Video Analisis Mouthfill technique

Sunday 17th January

12:00h Stretching
13:00h Sea Session (Deep Dive + Variable weight)
15:30h Rest
19:00 Group Dinner + Diplomas

*Program can be change depends on logistics and weather conditions