



Miguel Lozano

TRAINING CAMP TENERIFE

FROM 29TH OCTOBER
TO 1ST NOVEMBER 2020
APNEA CANARIAS

INCREASE YOUR DEPTH, IMPROVE YOUR SKILLS AND LEARN NEW TECHNIQUES WITH ONE OF THE MOST STRONGEST FREEDIVERS IN THE WORLD.

From 30th April to 3rd May 2020, professional Freediver Miguel Lozano, third deepest 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 beginners to competitors. Miguel will work individually in every students needs.

INFO:

- The water Temperatura: 21/23C^a
- 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:
310€ (4 days training)**

MAS INFORMACIÓN
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WAZCOBRE

THURSDAY 29TH OCTOBER

8:00H 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 30TH OCTOBER

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 31TH OCTOBER

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 analysis technique

SUNDAY 1ST NOVEMBER

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