



**FREEDIVING TRAINING CAMP DAHAB**  
**From 29th March to 2nd April 2021**  
**@DAHAB FREEDIVERS**

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

From 29th March to 2nd April 2021, 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 23/25°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 29th March 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, flights and Blue Hole Entrance fee are not included

For information & Booking:

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## DEEP TRAINING CAMP MIGUEL LOZANO

From 6th to 10th April 2020

@DAHAB FREEDIVERS

### PROGRAM

#### Monday 29th of March

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 30th of March

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 31st of March

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 1st of April

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 2nd of April

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