

# FREEDIVING TRAINING CAMP TENERIFE

From 29th October to 2nd November 2022  
@APNEA CANARIAS TENERIFE



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

From 29th October to 2nd November 2022, 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 constant and sequential pressure, exhale diving, extended dive times at depth, 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 and his team will work individually in every students needs.***

## INFO

- The water temperature is around 21/23°C
- Medical Certificated required or Medical Liability release (you can sign it the center)

- 3mm or 5mm Suit is required (if you don't have the Center can provide it)
- If you need any freediving equipment you can take it from the Center. (book in advance)

\*Accommodation can be found in Airbnb in these locations: Radazul, Tabaita, Bocacangrejo, Candelaria.

\*We recommend the rent a car, is normally cheap and give you more independence in the island.

## PRICE ONLY TRAINING CAMP:

350€

(PRICE ONLY Training Camp)

**miguel  
lozano  
2022**

**\_FIM -122m**

**\_CWT -105m**

**\_CNF -83m**

**\_STA 8'23"**

## More information:

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The objective of the course is to work on the **FOUR** most important parts of a deep dive: **Technique, Deep Compensation, Adaptation and Long Dive Time**. Without these 4 basic factors it is impossible to increase the depth

## PROGRAM

### Saturday 29th

- 8:30 Presentation
- 9:30h Stretching
- 11:30h Sea Session (Day of adaptation + technique)
- 15:00h Lunch
- 17:30h Video analysis technique

### Sunday 30th

- 8:30h Theory FRC + Mouthfill Secuencial Pressure
- 10:00h Stretching
- 11:30h Sea Session (FRC + Mouthfill)
- 15:00h Lunch

### Monday 31st

- 8:30h Video analysis technique Mouthfill
- Theory Mouthfill Constant Pressure + Long Static at depth
- 10:00h Stretching
- 11:30h Sea Session (FRC + Mouthfill Constant pressure + Long STA)
- 15:00 Lunch

### Tuesday 1st

- 9:00h Stretching
- 10:30h Sea Session (Warm Up (FRC + Mouthfill + Long STA)
- Deep Dive + No limits5
- 15:00 Group Lunch + Diplomas

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