

FREEDIVING TRAINING CAMP EGYPT (DAHAB)

From 4th to 8th December 2023
@DAHAB FREEDIVERS



DAHAB FREEDIVERS



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

From 4th to 8th December 2023, 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 constant and sequecial pressure, exhale diving, extender 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 23/25°C
- 3mm or 5mm Suit is required (if you don't have the Center can provide it)
- If you need any freediving equipment you can use it from the Center.
- We will meet Monday 5th December at 8:30 am at the Freediving Center (DAHAB FREEDIVERS).

WHAT INCLUDES:

- Transfer from/to Airport Sharm el Sheikh/Dahab
- 6 days accommodation (Red Sea Relax) Double Room Shared 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:

650€

(5 Days Training Camp with transfer Airport Sharm/ Dahab/Sharm, daily Blue Hole Taxis and 6 nights accommodation in Double Room Shared with aircon and breakfast) **50€ supplement for single room

PRICE ONLY TRAINING CAMP:

450€

(Food, flights and Blue Hole Entrance fee (50\$ aprox.) are not included)

**miguel
lozano
2023**

_FIM -122m

_CWT -105m

_CNF -83m

_STA 8'23"

More information:

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PROGRAM

Monday 4th

- **8:30** Presentation of the course
- **9:30** Taxi Blue Hole
- **10:00** Blue Hole Stretching
- **11:00** Blue Hole Session (adaptation day FIM + CWT)
- **14:30** Lunch
- **15:30** Taxi Dahab

Tuesday 5th

- **8:30** Theory Frenzel & Mouthfill Sequential + FRC Diving
- **10:00** Taxi Blue Hole
- **10:30** Blue Hole Stretching
- **11:30** Blue Hole Session (Mouthfill exercises + FRC Diving)
- **14:30** Lunch
- **15:30** Taxi Dahab
- **19:00** Video Analysis Technique

Wednesday 6th

- **8:30** Video Analysis Mouthfill
- **9:00** Theory Mouthfill Constant Pressure
- **10:00** Taxi Blue Hole
- **10:30** Blue Hole Stretching
- **11:30** Blue Hole Session (Exhale Diving + Mouthfill Constant pressure)
- **14:30** Lunch
- **15:30** Taxi Dahab

Thursday 7th

- **8:30** Theory Extended Long dive times at Depth
- **9:30** Taxi Blue Hole
- **10:00** Blue Hole Stretching
- **11:00** Blue Hole Session (Long dive times at Depth + Constant/Sequential Pressure Mouthfill exercises + CNF)
- **14:30** Lunch
- **15:30** Taxi Dahab
- **19:00** Video Analysis Technique

Friday 8th

- **8:30** Taxi Blue Hole
- **9:00** Blue Hole Stretching
- **10:00** Blue Hole Session (No Limits Diving + Deep dive PB)
- **13:00** Lunch
- **14:30** Taxi Dahab
- **16:00** Bedouin Dessert Dinner

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