



Miguel Lozano

# TRAINING CAMP DAHAB

FROM 3RD TO 7TH  
DECEMBER 2018  
DAHAB FREEDIVERS

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

From 3rd to 7th of December 2018, professional freediver Miguel Lozano, the second 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, 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 temperature is around 24/25°C
- Medical Certificated required
- 3mm or 5mm Suit is required
- If you need any freediving equipment you can rent from the Center.
- We will meet Monday 3rd at 9:00am 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:

**490€** (with transfer Airport Sharm/Dahab/Sharm and accommodation)

**\*\*50€** supplement for single room

Food and flights are not included

### \*PRICE ONLY Training Camp:

**330€** (5 days training)

Food and flights are not included

### For information & Booking:

[info@dahabfreedivers.com](mailto:info@dahabfreedivers.com)

[miguel@miguelozano.com](mailto:miguel@miguelozano.com)



# WEDNESDAY

## MONDAY 3RD OF DECEMBER

- 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 4TH OF DECEMBER

- 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 5TH OF DECEMBER

- 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

# WAZCOB

## THURSDAY 6TH OF DECEMBER

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 7TH OF DECEMBER

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