

FREEDIVING TRAINING CAMP EGYPT (DAHAB)

April 18, 19, 20, 21, 2026
@DAHAB FREEDIVERS



DAHAB FREEDIVERS



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

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 the first day at 8:30 am at the Freediving Center (DAHAB FREEDIVERS).

WHAT INCLUDES:

- Transfer from/to Airport Sharm el Sheikh/ Dahab
- 5 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:

640€*

(5 Days Training Camp with transfer Airport Sharm/Dahab/ Sharm, daily Blue Hole Taxis and 5 nights accommodation in Double Room Shared with aircon and breakfast)

740€ with single room.

*(Food, flights and Blue Hole Entrance fee (40\$ aprox.) are not included)

PRICE ONLY TRAINING CAMP:

450€*

*(Food, flights and Blue Hole Entrance fee (40\$ all 4 days) are not included)

**miguel
lozano**

_FIM -122m

_CWT -105m

_CNF -83m

_STA 8'23"

More information:

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PROGRAM

Saturday, April 18h

- **8:00** Course presentation
- **09:30** Taxi to the Blue Hole
- **10:00** Blue Hole – Stretching session
- **11:00** Blue Hole – Training session (Adaptation Day FIM + CWT)
- **14:30** Lunch
- **15:30** Taxi back to Dahab

Sunday, April 19

- **08:30** Theory: Frenzel Equalization & Sequential/Constant Pressure Mouthfill + Passive Exhale Diving (FRC)
- **10:00** Taxi to the Blue Hole
- **10:30** Blue Hole – Stretching session
- **11:30** Blue Hole – Training session (Sequential & Constant Pressure Mouthfill exercises + FRC exhale diving)
- **14:30** Lunch
- **15:30** Taxi back to Dahab

Monday, April 20

- **08:30** Theory: Extended dive time at depth
- **10:00** Taxi to the Blue Hole
- **10:30** Blue Hole – Stretching session
- **11:00** Blue Hole – Training session (Extended dive time at depth + Sequential & Constant Mouthfill)
- **14:30** Lunch
- **15:30** Taxi back to Dahab
- **17:30** Video analysis

Tuesday, April 21

- **08:30** Taxi to the Blue Hole
- **09:00** Blue Hole – Stretching session
- **10:00** Blue Hole – Training session (Warm ups + No Limits + Maximum PBs)
- **13:00** Lunch
- **14:30** Taxi back to Dahab
- **16:00** Bedouin Desert Dinner

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