

Miguel Lozano

DEEP APNEA CAMPUS IBIZA

From 15 to 17 October 2027

Increase your depth, improve your skills and learn new techniques with one of the world's deepest freedivers.

From 15 to 17 October 2027, professional freediver Miguel Lozano, two-time world runner-up in deep freediving with a depth of -122 m, is organising a Freediving Training Camp in Ibiza.

The course focuses specifically on the disciplines of free immersion, constant weight and constant weight without fins, both in theory and in practice.

The key topics of the course will be: technique, deep equalisation, mouthfill (sequential and constant), passive exhalation diving, prolonged dive times, relaxation, and mental barriers.

Regardless of your level, the course is for both beginners and advanced divers or competitors. Miguel will work individually with each student.

Information

- Medical certificate required. (If not available, a medical disclaimer will be signed)
- Wetsuit (5 mm recommended), fins, mask, snorkel and weight belt required. (If you don't have them, the centre can provide them)

Location:

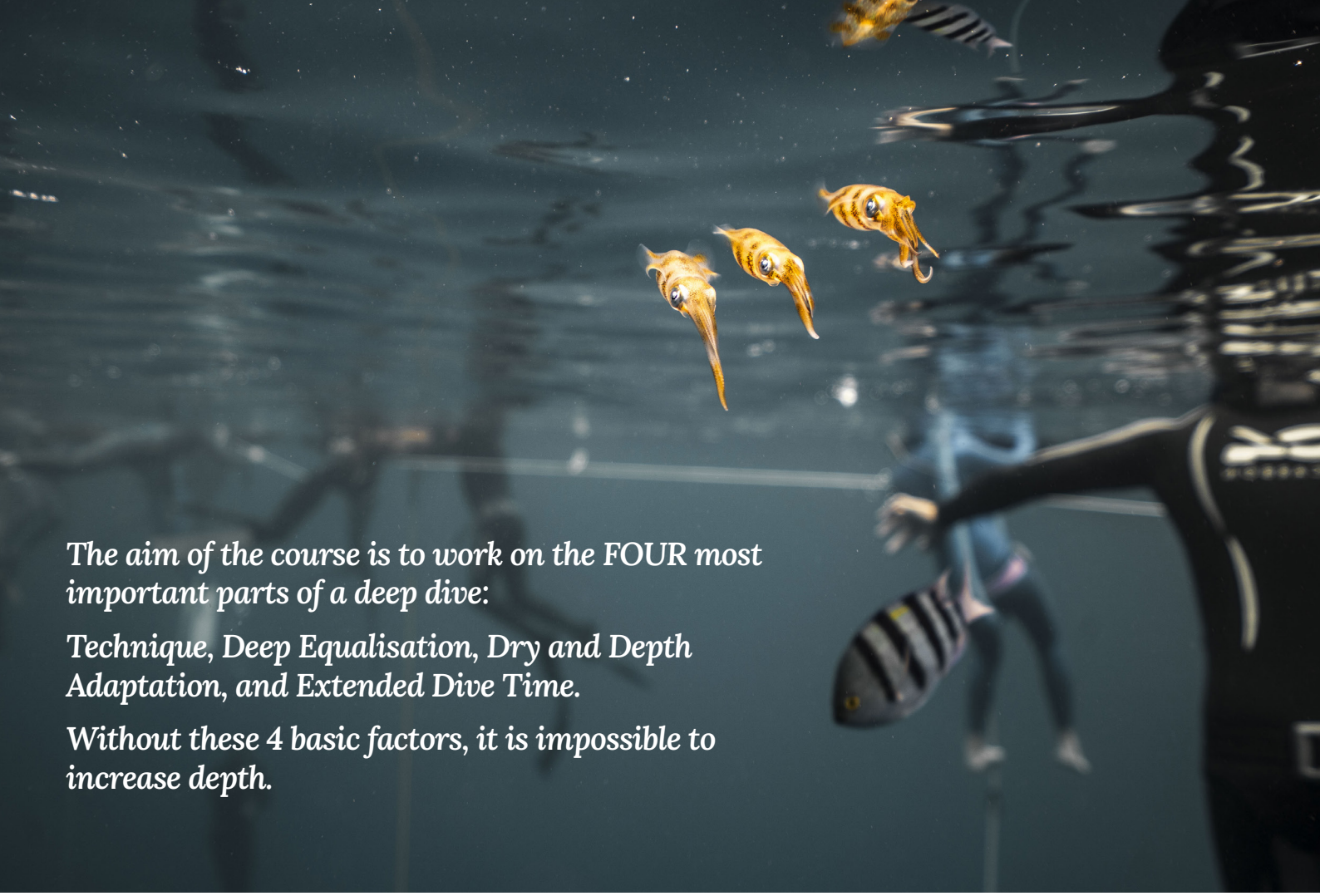
Sant Antoni, Ibiza

Price of the camp:

€490

_FIM **-122 m**
_CWT **-105m**
_CNF **-83 m**
_STA **8'23"**

Further information:
info@miguelozano.com
www.miguelozano.com



The aim of the course is to work on the FOUR most important parts of a deep dive:

Technique, Deep Equalisation, Dry and Depth Adaptation, and Extended Dive Time.

Without these 4 basic factors, it is impossible to increase depth.

Day 1

Adaptation Day

08:30 – *Introduction and paperwork*

9:00 am – *Lung flexibility stretches*

10:00 – *Session at sea*

First open water dive (adaptation + technique)

- Warm-up: Slow FIM + Hang
- Training: FIM + CWT

13:30 – *End of session*

2:00 pm – *Lunch*

16:30 – *Theory: FRC + Sequential mouthfill and constant pressure*

6:30 pm – *End of session*

Day 2

FRC, Sequential and Constant Mouthfill Day

8:30 – *Stretching*

9:30 am – *Session at sea*

Warm-up: Slow FIM + hang / FRC

Training:

- Passive exhalation on the surface + mouthfill at 10 m + freefall
- Passive exhalation + full exhalation + mouthfill at 10 m + freefall
- Mouthfill combination with sequential or constant pressure
- CWT + FIM

3:30 – *End of session*

2:00 pm – *Lunch*

4:30 pm – *Theory on increasing deep freediving times*

4:30 pm – *Mouthfill Video Analysis*

6:30 pm – *End of session*

Day 3

Warm-up and Maximums Day (FRC + Mouthfill + Long Constant Times) + No-Limits

8:30 *Stretching*

9:30 *Session at sea*

Warm-up: 1 slow FIM + hang / 1 FRC with mouthfill / 1 prolonged dive

Training:

- Deep dives in FIM and CWT
- No Limits (max. 50 m)

15:00 *Presentation of certificates and lunch*

**The programme may change depending on logistics and weather conditions*

Further information:
info@miguelozano.com
www.miguelozano.com