CHICARACECAMP

Special SUP training week for women at the WPC Fuerteventura

16. – 24.02.2019

Contents

1

PADDLE TECHNIQUE

Working on different techniques & variation of frequency

2

OCEAN PADDLING & DOWNWIND & SURF RACE

Training in all conditions to increase your paddling and surfing skills

3

SPECIFIC ON LAND TRAINING

Warm up, Specific training & stretching

4

MATERIAL

Explication of board types, fins & paddles

5

HOW TO PLAN YOUR RACE SEASON

Prices & Accommodation

Training: 6 days (2 session per day) **650 €**
SUP Raceboard rental (week) : **150 €**

- Partner Hotel Sunset Bristol Beach
- Apartment single use : 490€
- Shared double room in shared app. : 150 €
- Single room in shared app. : 350€

room rates are included taxes per person, 7 nights , no meal plan

We help if you are looking for another accomodation

Info & Contact

Master trainer	Susanne Lier
Training designed	Vincent Guillaume
Place	Fuerteventura, Corralejo
Collaboration	Watermenperformance Center & Endorfina Club
Languages	English, French, Spanish, German

Booking & more info: susanne@paddlefit.ch