

FROM 750 €

A SPECIAL SUP RACE TRAINING WEEK  
FOR WOMEN ONLY

# CHICA RACE CAMP



DATES:

19.02.-26.02.2022

&

26.02.-05.03.2022

PLACE

FUERTEVENTURA, SPAIN



WATERMEN  
PERFORMANCE  
CENTER

CHICARACECAMP



INFO & REGISTRATION:  
SUSANNE@PADDLEFIT.C

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# Info

- 6 days training guided and created by professional female athletes and coaches
- small group training
- high quality rental material (boards & paddles)
- airport transfer
- accommodation for every budget
- high quality pictures of training
- local dining & tourism
- massages & osteopathic treatments on demand
- goodie bag

## Content training camp:

- videoanalysis for paddle technique
- 1 - 2 session per day regarding conditions
- mobility on the board
- beach race training, longdistance, interval trainings, ocean paddling, downwind (more info in schedule)
- on land training (cardio & strength, stretch)
- prone or outrigger intro
- preparation of the race season
- material discussion
- 1 rest day
- private sessions on demand

Price: 750 € (material rental, transfers included)

# Accommodation

We offer a large choice of accommodation regarding your budget and choice. The costs of the accommodation are additional to the training costs.

1. **Buendia Corralejo** , Aparthotel incl. breakfast , 2 bedroom apartment with roof terrasse or big patio , kitchen and living room , 10 min walk to the trainingscenter

Prices:

- Single room in **shared** apartment : 500 €
- shared double room in shared apartment: 250 €
- Apartment for single use: 1000 €

2. **Fuentepark** , Hotel , only accommodation 1 bedroom, living room & kitchen with balcony in the center of Corralejo , 2 min walk to the trainingscenter

Prices:

- room for single use : 470 €
- shared double room: 225 €

If you wish a more individual offer, let us know.

Feel free to contact us per email to receive the registration form.

After registration we send a questionnaire to all participants regarding your SUP experiences & goals.

Contact:

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