

FROM 750 €

A SPECIAL SUP RACE TRAINING WEEK
FOR WOMEN ONLY

CHICA RACE CAMP



DATES:

18.-25.02.2023

&

25.02.-04.03.2022

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 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
- 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 : 600 €
- shared double room in shared apartment:300€
- Apartment for single use: 850 - 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 : 550 €
- shared double room: 280 €

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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