

CHICA RACE SUP CAMP

KIM BARNES
&
SUSANNE LIER



DATES:

22. -29.03.2025

**CORRALEJO -
FUERTEVENTURA**

**SPECIAL SUP RACE TRAINING
CAMP FOR FEMALE PADDLERS**

LIMITED SPOTS !

CHICARACECAMP



**INFOS & REGISTRATION:
SUSANNE@PADDLEFIT.CH**

Info & Content

- 6 days training camp (1-2 sessions per day)
 - high quality material (boards & paddles)
 - professional coaching team
 - 4 languages
 - limited spots
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- video analysis - technique & injury prevention
 - ocean skills training
 - beach race (starts & turns)
 - downwind (regarding conditions)
 - longdistance & drafting
 - prone paddling intro
 - specific trainings session for ocean paddling
 - mobility & safety on board
 - mobility & strength training on land
 - nutrition
 - race calendar & training plans
 - massages on demand

Price:

- 850 € p.P. including material rental
- Accomodation on demand regarding your budget

See you on the island

