

# DW & SUP RACE CAMP FUERTEVENTURA

**DATES:**

**19.-26.08.2023**

**SPECIAL WEEK TO LEARN THE  
BASICS FOR DW AND SUP  
RACE**

**BEGINNER & INTERMEDIATE  
LEVEL**

**WITH FRED BONNEF &  
SUSANNE LIER**



# Info

- 6 days training camp
- beginner & intermediate level
- high quality material
- professional coaching team
- small group training
- limited spots
- languages: German, French, English & Spanish

## Content:

- video analysis
- 1- 2 sessions a day ( training or DW runs depending on conditions )
- specific trainings session for ocean paddling & DW
- long distance paddles in ocean conditions
- schedule regarding conditions
- other activities( Stretching, Mobility training etc.)

## Price:

- 750 € p.P. for SUP & Outrigger including material rental

Accommodation & transfers on demand and additional

Infos & registration: [susanne@paddlefit.ch](mailto:susanne@paddlefit.ch)

See you on the island !