

FROM 550 €

Training camp for SUP & Outrigger
Intermediate to advanced level

OCEAN DW CAMP



DATES:

16.01.-23.01.2022

PLACE

ARGINEGUIN,
GRAN CANARIA, SPAIN

PARTNER:

SUPGRANCANARIA



INFO & REGISTRATION:
SUSANNE@PADDLEFIT.C



Info

- 6 days training (downwind runs, technique and ocean paddling skills)
- small group training
- high quality rental material (boards& paddles & OC)
- airport transfer on request
- accommodation on request
- professional coach team

Content training camp:

- videoanalysis for paddle technique
- 1 - 2 sessions per day regarding conditions
- DW runs 15 - 20 km
- skills training for DW and ocean paddling
- on land training (cardio & strength, stretch)
- schedule will be organized regarding wind conditions
- private sessions on demand

Price:

650 € (incl. material rental) 6 days

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This camp is for intermediate and advanced paddlers.

Registration and more info: susanne@paddlefit.ch