



WATERMEN
PERFORMANCE
CENTER

SUP TRAINING CAMP SPECIAL SOUTH FUERTEVENTURA

DATEN:

04.-11.03.2023

LA LAJITA,

FUERTEVENTURA

SPECIAL SUP TRAINING
WEEK FOR
LONGDISTANCE, OCEAN
PADDLING & DW

ORGANISED BY
WATERMEN
PERFORMANCE CENTER



Info

- 6 days training camp - special
- intermediate & advanced level
- high quality material
- professional coaching team
- small group training
- limited spots

Content:

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

Price:

- 750 € p.P. for SUP including material rental
- Accomodation & transfers on demand and additional

Infos & registration: susanne@paddlefit.ch

See you on the island !