

FROM 750 €

SUP Race Training camp for
intermediate and advanced level

SUP RACE CAMP LUDO TEULADE COACHING



DATES:

02. - 09.01.2023

PLACE

WATERMEN

PERFORMANCE CENTER

FUERTEVENTURA,

SPAIN

INFO & REGISTRATION:
SUSANNE@PADDLEFIT.CH

wpc
WATERMEN
PERFORMANCE
CENTER

Info

- 6 days training (ocean paddling, technique, starts , turns, mobility & stretching sessions)
- preparation for upcoming race season
- small group training
- professional coaching team : Ludo Teulade , Susanne Lier

Content training camp:

- videoanalysis for paddle technique
- 1 - 2 sessions per day regarding conditions
- skills training for DW and ocean paddling
- on land training (mobility & stretch)
- Beachrace , Longdistance
- schedule will be organized regarding ocean conditions
- private sessions on demand

Price:

750 € (incl. material rental) 6 days

This camp is for intermediate and advanced paddlers.

Accommodation offer and airport transfers on demand.

Registration, info and bookings: susanne@paddlefit.ch