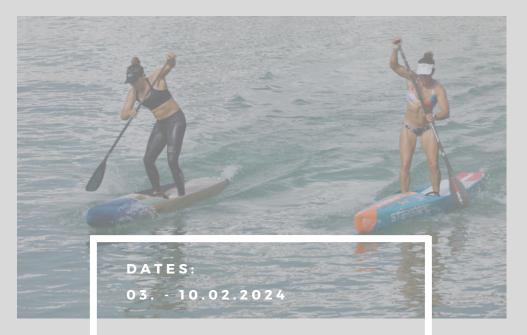
SUP WORLD CHAMPION TRAINING CAMP

ESPERANZA BARRERAS & SUSANNE LIER



CORRALEJO -FUERTEVENTURA

SPECIAL SUP RACE TRAINING CAMP FOR FEMALE PADDLERS

LIMITED SPOTS!

INFOS & REGISTRATION: SUSANNE@PADDLEFIT.CH

Info & Content

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

Price:

- 800 € p.P. including material rental
- · Accomodation on demand regarding your budget





STARBOA









