

# SUP WORLD CHAMPION TRAINING CAMP

ESPERANZA BARRERAS  
&  
SUSANNE LIER



**DATES:**

**03. - 10.02.2024**

**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

