

# DEEP

## TRAINING WEEK

4 DAYS

VWT • NO-LIMITS  
DEEP EQ CLASS  
VIDEO ANALYSIS



# SCHEDULE

## Day 1:

**9:00 - 10:30**

Lung stretching-diaphragm  
Packing-Reserse packing

**10:30 - 12:30**

Open Water by boat  
Check dive

**12:30 - 13:30**

Video Analysis

*13:30 - 14:30 Lunch break*

**14:30-15:30**

EQ Theory & Practice

## Day 2:

**9:00 - 10:30**

Lung stretching-diaphragm  
Packing-Reserse packing

**10:30 - 12:30**

Open Water by boat  
Deep diving with bottom  
camera and Instructor  
scooter with camera.

**12:30 - 13:30**

video analysis

## Day 3:

**9:00 - 10:30**

Lung stretching-diaphragm  
Packing-Reserse packing

**10:30 - 12:30**

Open Water by boat  
No-limits session with Instructor

**12:30 - 13:30**

Video analysis

*13:30 - 14:30 lunch break*

**14:30 - 15:30**

EQ theory & Practice

## Day 4:

**9:00 - 10:30**

Lung stretching-diaphragm  
Packing-reserse packing

**10:30 - 12:30**

Open Water by boat  
Variable weight session  
Bottom camera and  
Instructor with scooter

**12:30 - 13:30**

video analysis

# 400€

### PAYMENT INFORMATION:

#### BANK TRANSFER

IBAN: ES07 3183 3800 3210 1083 1228

BIC: CASDESBB

Reference: Deep training week + complete name

#### PAYPAL

@apneacanarias.com

For more information contact:



**+34 671 8455 53**



**tenerife@apneacanarias.com**

Location: Apnea Canarias, Radazul, Tenerife, ES

TENERIFE  
**apnea  
canarias**  
Freediving Center



by Miguel Lozano