

**Lastovo 2024**

**Adriatic Freediving Depth Camp**



The Adriatic Freediving team, who will guide your Lastovo experience and train with you in the camp:

Sanda Delija

- Freediving instructor
- World Champion
- World Record freediver
- Deepest Croatian Woman -105m
- Masterclass speaker

Petar Klovar

- Deepest human (FIM)
- Multiple World Champion
- Multiple World Record holder
- Founder of the Ocean Club



Vitomir Maričić

- Multiple World Champion
- Multiple World Record holder
- Olympic Committee sport coach
- Motivational speaker and educational system author
- Freediving Instructor Trainer
- Developer



## Tentative schedule of activities

### Day 1

Arrival by speedboat and meet and greet the team, get settled in the accommodation right on the seashore.

### Day 2

Freediving in the morning, brunch and gym session afternoon with a specialized weightlifting technique class. Afternoon free time or a hike to the top of Lastovo and evening theory lectures in freediving.

### Day 3

Morning breathing and diving class, brunch and afternoon gym. A short trip to island sights/coffee spots. Equalization class for freediving in the afternoon and mental training lecture.

### Day 4

Morning dynamic diving class, brunch and afternoon gym. A trip to one of the beaches in the south of the island. Dry EQ training.

### Day 5

Deep diving sessions, followed by brunch, and gym sessions after a rest. Boat trip to one of the small islands to enjoy a beautiful beach. Afternoon free time.

### Day 6

Morning deep diving class and brunch after. Trip to an island location for a walk, swim or coffee. Gym session in the afternoon with Functional Movement Screening. Mental training lecture.

### Day 7

Morning freediving class and brunch after. Gym session with a handstand tutorial. Wine tasting experience in the evening.

### Day 8 - departure



## Price

Full package 1700 EUR

No Dive 900 EUR

\*no dive means not participating  
in diving or trips

## Date

14.7.24. – 21.7.24.

## Arrival

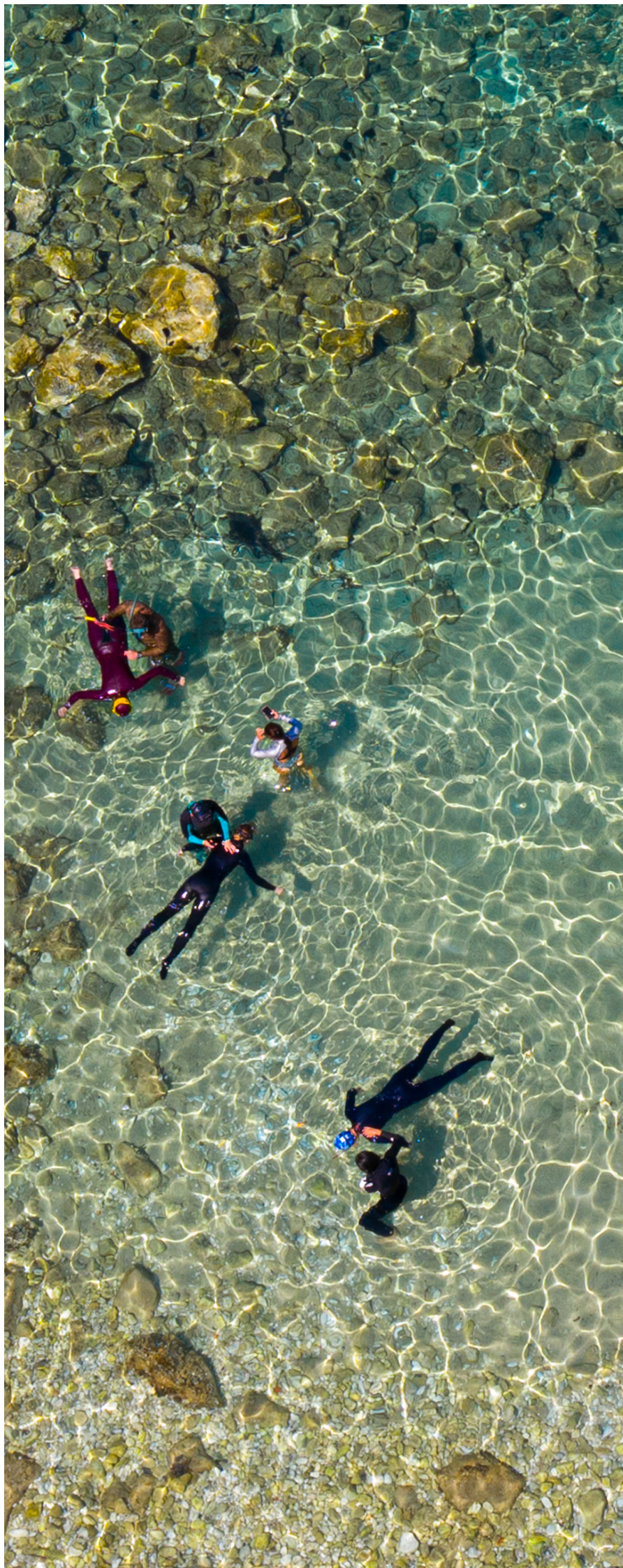
Closest airport: Split(Croatia)  
Speedboat and Ferry leaves from  
Split port

\*details and tickets will be  
available for guests

## Package

Included in the package is  
accommodation with kitchen  
and private bathroom, guided  
sessions and classes, training for  
depth, gym training,  
guided and free, transportation  
to the island by speedboat,  
brunch, transportation for island  
trips, by boat and van. Unlimited  
use of gym, water equipment,  
suit and diving gear rentals.  
Smoothie bar. None of the  
programs is mandatory and  
guests can arrange their times  
in any way to train more or to  
rest and enjoy e-bikes, hikes,  
SUPs, swimming, dining, etc.

\*\*Official Molchanovs materials  
and certification program for  
W1 – W2I (beginner to instructor)  
is available - extra charge  
\*place in camp is confirmed with  
A 600 EUR deposit





Join us and dive deep!

