



LASTOVO

APNEA TRAINING CAMP 2026

Join us for an incredible training camp in a natural park with crystal clear Adriatic waters. You will have the opportunity to hone your skills and overcome your limits followed by some of the most advanced freedivers in the world.

 adriaticfreediving@gmail.com



WHERE?

**The island of Lastovo
belongs to the
central Dalmatian
archipelago. The
island is one of the
most remote
inhabited islands in
the Adriatic Sea**

**LASTOVO ISLAND
CROATIA
26.7 -2.8 2026**

LOGISTICAL ORGANISATION

WE ORGANIZE PICK
UP TO THE FERRY
ARRIVAL. AS WELL AS
THE
ACCOMMODATION
WHICH WILL BE
LOCATED IN
ZAKLOPATICA BAY



LASTOVO

Very green hills, vineyards and their inebriating scent, small fishing villages with timeless charm, ancient popular traditions: Lastovo is a natural paradise and a place where life passes slowly and nature is still intact.

As soon as you arrive you understand that you have arrived on an island of peace and beauty, where it is easy to forget about the frenzy of mass tourism.



It is the fishermen and farmers who welcome travelers who arrive on this island in the heart of the Adriatic.

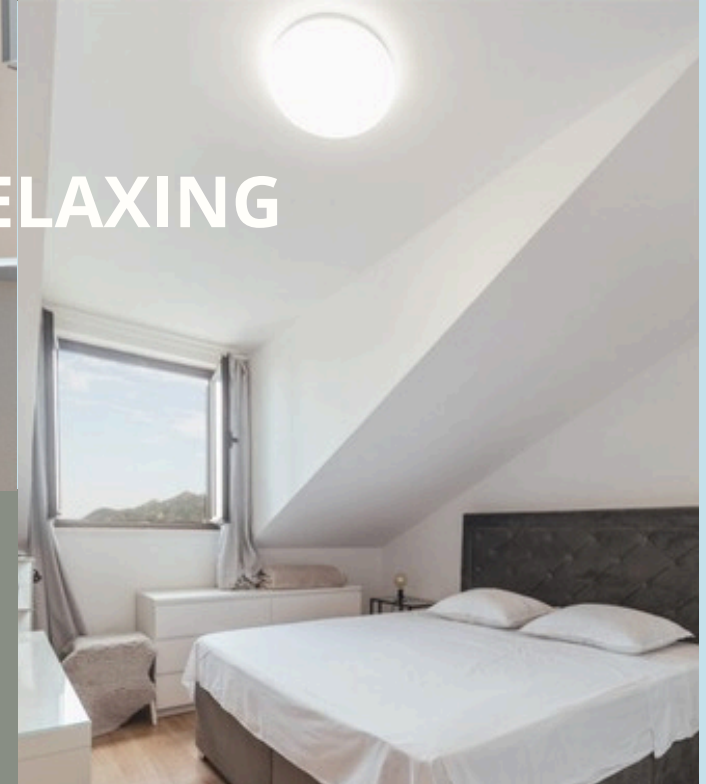
Everything is authentic: the charming rural or wooded landscapes waiting to be explored, the secluded coves, the rocks overlooking the sea, the six villages with their picturesque chimneys and the famous lighthouse

A Place to Rest - Explore Your Sleeping Choices

SEA FRONT



RELAXING



APARTMENTS

YOU DON'T NEED
TO BE A WORLD
CHAMPION
TO TRAIN LIKE ONE



*The ultimate
training camp that will
bring your free diving
to a new level*



**ONE WEEK OF GUIDED TRAINING WITH THE DEEPEST
FREEDIVERS IN THE WORLD.**

**WE WILL WORK ON ALL ASPECTS: BREATHING, MENTAL
TRAINING, EQUALIZATION, RELAXATION, TECHNIQUE and
PHYSICAL PREPARATION**

**EVERYTHING WILL TAKE PLACE IN ZAKLOPATICA BAY -
ACCOMMODATION, DINING AND TRAINING.**

TENTATIVE

FIRST DAY

Arrival by ferry/speedboat and meet and greet the team & get settled in the accommodation right by the sea shore. Transfers from the main port will be arranged.

TRAINING DAYS

Morning Sessions:

Focus: Freediving

Customisation: We understand that each participant has unique needs. Depending on your requirements, we can adjust the schedule to include:

- *Rest periods
- *Dry exercises
- *Specific drills
- *Certification skills

Participants will be grouped according to their experience levels— beginner, advanced, or competitive—with qualified instructors and trainers

TRAINING SCHEDULE

Pre-Diving Activities:

Prior to the diving sessions, participants may enjoy:

- *Guided stretching or yoga
- *Breathing classes
- *Leisurely swim



Brunch:

After the morning diving sessions, enjoy every day a delicious abundant brunch followed by a short period of relaxation.

Afternoon Sessions:

Engage in comprehensive gym sessions and theory classes that includes:

OF ACTIVITIES

- *Weightlifting
- *Gymnastics
- *Slacklining
- *Other surprise fitness skills
- *Supplemental freediving training or dynamic classes
- *Freediving masterclasses and special attention to mental training sessions

Additional Activities:

For those who want to explore the island throughout the days there will be more activities and experiences which include:

- *A hike to the summit of Lastovo
- *Boat rides with coffee in scenic bays
- *Visits to neighboring islands

FINAL DAY

Departure.
Transfers to the main port will be arranged.

NB: Schedule may be subject to change due to weather or other considerations.

Price

Full Package 2,280€

IF PART OF A.F COACHING: 2000€ (Limited spots available)

No Dive 1.880€ * (This option is usually for accomanying family that doesn´t dive)

- Please note that 'no diving' signifies that participation in diving activities or excursions are excluded from this package

Arrival Information:

- **Nearest Airport: Split, Croatia**
- **Transportation: Speedboat and ferry services depart from Split Port. Further details and ticket information will be provided to guests.**

Package Inclusions:

- **Accommodation featuring a kitchen and private bathroom**
- **Guided sessions and training classes, including depth training and gym sessions**
- **Transportation to the island via speedboat only (if you choose the ferry it is not covered)**
- **Daily brunch and access to a smoothie bar**
- **Additional transportation for island excursions by boat and van**
- **Unlimited access to the gym and water equipment**
- **Rental of suits and diving gear**
- **Official AIDA Competition**

Extra information:

- **All programs are optional, allowing guests to customize their schedules. Enjoy activities such as e-biking, hiking, stand-up paddleboarding (SUP), swimming, and dining at your leisure.**
- **Certification Opportunity: Official Molchanovs materials and the certification program for levels W1 to W2I (from beginner to instructor) are available for an additional fee.**
- **Booking Confirmation: Your place in the camp will be secured upon payment of a deposit.**



THE TEAM



**PETAR
KLOVAR**

- DEEPEST HUMAN (FIM)
- MULTIPLE WORLD RECORD HOLDER
- MULTIPLE WORLD CHAMPION
- FOUNDER OF OCEAN CLUB



**VITOMIR
MARICIC**

- MULTIPLE WORLD RECORD HOLDER & CHAMPION
- OLYMPIC COMMITTEE SPORT COACH
- FREEDIVING INSTRUCTOR TRAINER & DEVELOPER



**SANDA
DELIJA**

- WORLD CHAMPION
- WORLD RECORD HOLDER
- SPORT PSYCHOLOGY SPEAKER
- FREEDIVING INSTRUCTOR



A group of people are exercising outdoors on a concrete pier or dock. In the foreground, a man on the left is lifting a large, dark, weighted vest over his head. In the center, several people are using rowing machines. To the right, another man is lifting a similar weighted vest. The background features a calm blue bay, a small boat, and steep, green hills under a bright, sunny sky. The text "JOIN US AND DIVE DEEP" is centered in the upper half of the image.

JOIN US AND DIVE DEEP