



# 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](mailto:adriaticfreediving@gmail.com)



## WHERE?

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**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  
2.8 - 9.8 2026**

## LOGISTICAL ORGANISATION

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





# LASTOVO

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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.

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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

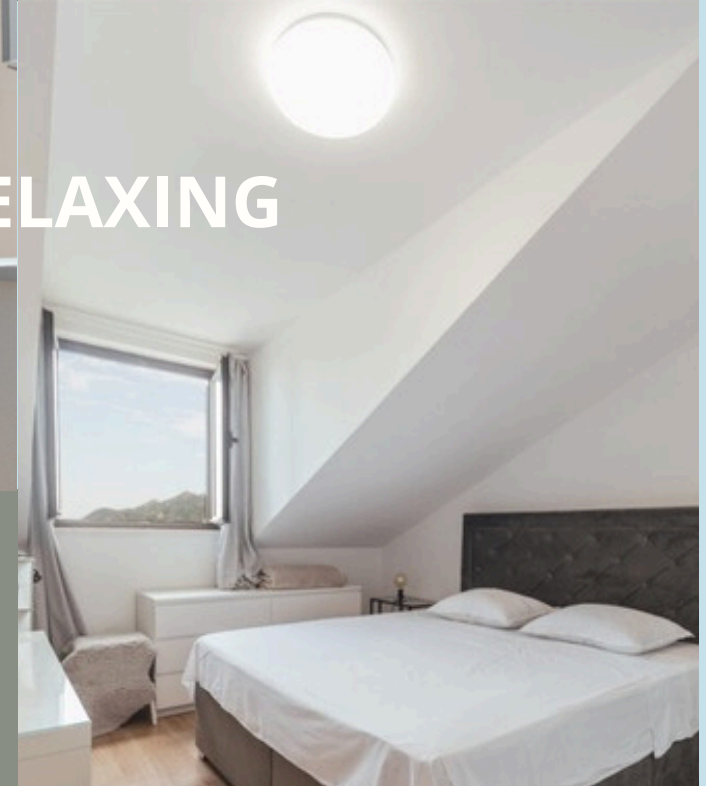


# A Place to Rest - Explore Your Sleeping Choices

**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 object above his head. To his right, another man is also lifting a similar object. Further back, several people are using rowing machines. The pier is bordered by a metal railing. In the background, a calm blue bay is visible, with a small boat docked on the right. The far side of the bay is a steep, green hillside with some buildings. The sky is clear and blue, with a bright sun in the upper center.

JOIN US AND DIVE DEEP