

"No One Wins Alone"

2010 Hanohano Mens Practice Schedule

Weeks Until Next Goal Race	Calendar Week (Sunday to Saturday)	TUESDAY Intervals	THURSDAY Skills Development (Filming, Clinics, Skill-Tests, etc.)	SATURDAY Long Distance (or Race)
17	Jan 10-16	OC1 Speed Workout	OC6 Drills & Technique	La Jolla Shores Run (OC1/OC2/Surfski)
16	Jan 17-23	OC1 Speed Workout	OC6 Drills & Technique	HH Ocean Challenge (Winter Series)
15	Jan 24-30	OC6 Drills & Technique	OC6 Drills & Technique	
14	Jan 31- Feb 6	OC6 Drills & Technique	All Club Meeting	Hal Rosoff Classic (Winter Series)
13	Feb 7-13	OC6 Drills & Technique	OC6 Drills & Technique	
12	Feb 14-20	OC6 Drills & Technique	OC6 Drills & Technique	Carpet Beach (Winter Series)
11	Feb 21-27	OC6 Drills & Technique	OC6 Drills & Technique	HH Mens OC1 Fit Test 5mi fitness appraisal for all returning paddlers <i>*New Paddler Orientation Sun 28th*</i>
10	Feb 28- Mar 6	First Official Team Practice of 2010 Season	5 mi OC6 "Tune-up" <i>*All Club Meeting*</i>	Dana Ocean Challenge (Winter Series)
9	Mar 7-13	3x [5min, 4min, 3min, 2min, 1min (90sec RI between)]	Drills & Technique	Distance: 8miles
8	Mar 14-20	15x 2min (2min RI)	2x 3mile "Rabbit Run"	PaddleMe.com Championships (Winter Series)
7	Mar 21-27	"Islands" 8x 1200m	Drills & Technique	Ocean Ohana Catalina Relay (Sun 03/28) <i>*Crew Classic*</i>
6	Mar 28- Apr 3	15x 2min (2min RI)	3x 2mi "Rabbit Run"	Film Session & Stroke Critique
5	Apr 4-10	"Bridges" 12x 800m	4sets [10min(2min RI), 4x 1min (1min RI)] <i>*All Club Meeting*</i>	Distance: 15miles
4	Apr 11-17	20x 1min (1min RI)	5 mi "Rabbit Run"/ Crew Film Session	Distance: 10miles
3	Apr 18-24	"Bowling Pins" 5x 2200m	20min, [10x 1min(1min RI)], 20min	Holiday Bowl Corporate Challenge
2	Apr 25- May 1	20x 1min (1min RI)	3x "Jungle Rules" 3k/ Crew Film Session	Distance: 8miles
1	May 2-8	"Pink Slip Races"	4mi Tempo/ Novice Course Review <i>*All Club Meeting*</i>	Crystal Pier (San Diego)

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7	May 9-15	1hr Fartleck (2min Intrvl:2min ARI)	5 mi "Rabbit Run"/ Crew Film Session	Rig Run (Santa Barbara)	
6	May 16-22	"Wall to Wall" 4x 2600m	Drills & Technique	Kahanamoku Classic (Marina Del Rey)	
5	May 23-29	1hr Fartleck (2min Intrvl:2min ARI)	3x "Jungle Rules" 3k/ Crew Film Session	Holiday Weekend (TBD)	
4	May 30- June 5	"Docks" 20x 400m	TBD	Ventura Iron	
3	June 6-12	1hr Fartleck (1min Intrvl:1min ARI)	5 mi "Rabbit Run"/ Crew Film Session	YMCA Bay 2 Bay (Non-SCORA event)	
2	June 13-19	2sets 20x "60/30's" (10min ARI between)	8x 10min ocean tempo	Pineapple Express (Avilla Beach)	
1	June 20-26	1hr Fartleck (1min Intrvl:1min ARI)	4 mi easy & relaxed effort; blend	Iron Outrigger Championships (San Diego)	
11	Jun 27- July3	"Docks" 20x 400m	9-man Change Demo	Holiday Weekend (TBD)	
10	July 4-10	"Bridges" 12x 800m	Regatta Turn Demo & Clinic	Kahakai Knock-Off Sprints (Long Beach)	
9	July 11-17	"Islands" 8x 1200m	9-man Changes & Sprint Turns	9-Man Sprint Relays (Long Beach)	
8	July 18-24	"Bowling Pins" 5x 2200m	Sprint Turns	Santa Barbara State Sprint Champs	
7	July 25- 31	"Wall to Wall" 4x 2600m	5 mi Tempo Paddle @ "Red-Line" tempo pace; optional OC1 Fit Test	Bay 2 Bay 9-man Practice (w/escort)	
6	Aug 1-7	Hanohano Coaches Favorite Workouts of All Time	9-man Changes	Whitey Harrison (Dana Point)	
5	Aug 8-14		TBD	Oxnard Coed Changeover Race	
4	Aug 15-21		Film Session & Stroke Critique	Scripps Pier Run (w/escort)	
3	Aug 22-28		9-man Changes	Oceanside 9-Man	
2	Aug 29- Sep 4		9-man Changes	Holiday Weekend (TBD) <i>*Kona & Tahoe*</i>	
1	Sept 5-11		TBD	TBD	US Championships Catalina Crossing
	Sept 12-18		TBD	TBD	Pailolo Challenge (Maui to Molokai)

*All practices begin & end w/ Warm-Up & Cool-Down; WU/CD distances or durations not included or listed above

**RI = Rest Interval / ARI= Active Rest Interval

***Schedule is subject to change as deemed necessary by Coaches

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Expectations of Paddlers

1. Canoes **LAUNCH** Tues & Thurs evenings promptly at 5:35pm
2. Those with the ability to arrive prior to 5:15pm on week nights will "stage" the canoes needed for practice at the Santa Clara site; Once sufficient canoes have been "staged" and crews have been set, crews will be responsible for moving their canoe to waters edge prior to launch time
3. Paddling is a club/team/crew endeavor, we will dress as such; It is strongly encouraged that paddlers wear Hanohano jerseys to all practices; Paddlers may wear Hanohano jerseys from any year & of any color/design for practice
4. Evening practices are designed to be completed in a time of 1hr 30mins to 1hr 45mins; excessive delays will make completion of workouts within desired timeframe difficult; Estimated duration of Saturday practices will be posted prior to practice to allow attendees to plan accordingly
5. Since the schedule of workouts is being released with sufficient time prior to the official start of practices, it is expected that participants are physically prepared for the duration & difficulty of the initial weeks workouts
6. Negativity is never acceptable in a Hanohano canoe
7. Have and exhibit respect for yourself, your crew, your club, and your canoe during all practices & races
8. Actively participate in activities necessary to club function including but not limited to: fundraising efforts, canoe care, canoe loading & unloading, club meetings, etc.
9. Above all, always remember... Paddling is supposed to be FUN.