

# IF YOU PLAN TO DO MOLOKAI HOE OR NA WAHINE O KE KAI...

## OC1 workouts for the next month

Week of	OC1 Workout
June 22	Interval Workout: Warm up for 15 minutes (about to Surf Club) focusing on technique. Do 5 x 5 minute intervals with a 2 minute easy paddle in between each 5 minute interval. Intervals are meant to be done at race pace. Cool down 10 minutes Total workout = 60 minutes
June 29	Pyramid Workout: Warm up 10-15 minutes. Intervals of 3, 5, 7, 9, 7, 5, and 3 minutes with 2 minutes rest in between the intervals. Cool down 10-15 minutes. Total workout time about 1:10.
July 6	Interval Workout: Warm-up 10-15 minutes. Intervals 4 x 12 minutes with 3 minutes rest between. Cool down 10-15 minutes. Total workout time about 1:15.
July 13	Time Trial to the Second Bridge: Timing yourself, start at orange buoy in front of Lokahi/Outrigger sites. Go down the Ala Wai to 2 <sup>nd</sup> bridge (Kalakaua), go through the both bridges on the right had side of the Ala Wai. Turn left after Kalakaua Bridge and return on the Waikiki (right side.) Come back up the Ala Wai to the orange buoy at our club site.

These workouts will be posted at the club site. They will also be on small laminated cards so you can take them with you on the one man.

If you have access to a boat other than a club boat, you are highly encouraged to do these workouts in the ocean to get used to working at a race pace in open ocean. As always, use common sense in the ocean. If conditions such as the wind and the swell do not permit, stay in the Ala Wai. Always go in the ocean with a partner.