

W1 Waka Training Workshop

with

Leanne Haronga in Wellington on 3-5 December



Looking to develop your capability as a competitive W1 paddler but didn't know who to ask? Why not plan time with Leanne – gold and silver medalist at World Sprint Championships, W1 winner @ Vaka Eiva in 2005, 1st in 2010 Molokai Master Women's crew, numerous National Sprint Championship titles and a Juniors W6 coach. Now living offshore Leanne is coming to Wellington. To register your interest email 027marinna@gmail.com for more information and costs.

Friday

Meet and Greet

- Guest speaker
- Participants

Overview of the weekend

- Classroom session
- HTPWAA sprint regatta
- Water session
- Stretches and exercises

Questions & Answers

- Open discussion
- Presentation and photos

Saturday

6:00am to 10:00am

- Meet @ regatta
- Feedback during the day
- Video footage

10:30am (flexible re regatta)

- Classroom session
 - goal settings
 - planning
 - logbooks
 - equipment
- Water session

2:00pm to 4:30pm

- Training ideas: periodisation, preparation and programming
- Mental
- Physical
- Recovery
- Body management
- Stretches

Sunday

Sunday will also be a backup day for any activity we could not complete on Saturday, it would be useful to block out until 3pm

8:00am to 12:00pm

- On the water / technique
- Drills
- Wrap up

Interested? Then register your interest with Marinna on 027marinna@gmail.com for more information on venue and pricing. This session is timed to coincide with those competing at HTPWAA sprints – bookings essential.