

PADDLE CORE

Kihei Canoe Club announces Paddle Core 2014! – Our offseason fitness and paddling program. Come join us for our third year of this regularly scheduled program of fitness workouts, paddling workouts and training. Paddle core sessions are 90 minutes and will combine core fitness exercises and canoe paddling training. Each session will start off with a light warm-up and stretch and then a 40-45 minute paddling session. The paddling sessions will vary as our purpose is to develop improved fitness for paddling as well as improved technique and overall understanding of the sport and activity of canoe paddling. Following the paddle we will perform a 30 minute core fitness exercise program which will be followed by a cool down and stretch. Each core fitness session will be varied as our purpose is to develop optimum fitness and keep the program fresh. The exercise sessions will include versions of exercises for various levels, from beginner to advanced.

Paddle Core is available to members of Kihei Canoe Club who are at least 12 years of age. Not a member? Paddle Core is a great way for new paddlers to get started in the right direction so contact KCC today to find out how to get involved.

When – Tuesday & Thursday. 5:00- 6:30 PM. We will start promptly at 5:00 PM.

Where - At Kihei Canoe Club, under the Hau Tree.

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Contact Sam Cavitt at sam@kiheicanoeclub.com for more information.

Paddle Core Program Description

The Paddle Core concept is to create a program that opens up more opportunities for new and existing members to enjoy an enhanced paddling experience.

- Increased opportunity for fitness paddling
- Diversity and variety in training
- Off season fitness program to maintain conditioning
- Technique instruction
- All inclusive program for competitive and recreational paddlers
- Additional opportunities to paddle
- Build Kihei Canoe Club membership
- Open to new and existing members of Kihei Canoe Club 12 years of age and up

What is Paddle Core?

A new program within Kihei Canoe Club that includes a regularly scheduled program of fitness workouts, paddling workouts and training. The schedule includes core cross training workouts, interval/regatta style conditioning, base conditioning, long distance endurance conditioning, voyage conditioning and preparation, technique instruction and ongoing conditioning and instruction to develop participants fitness level, overall paddling capabilities and generally enhance their paddling experience.

Paddle core training sessions will be varied in order to offer training diversity, maintain interest, cover multiple aspects of fitness training, paddling technique training and paddling specific fitness preparation.

Paddle core sessions will be organized as follows.

Warm-up & stretch 10 minutes

Warm-up will include easy aerobic movements to raise heart rate moderately, loosen muscles & joints for the upcoming exercises.

Stretch will include static & ballistic stretches to prepare specific muscles and joints for the days workout.

Paddle training 40-45 minutes

Instruction –

Basics - periodic sessions in the tank to teach the basics of the “club stroke” and fundamentals.

Timing & blending drills

Entering & exiting the Va’a – on the shore and in the water

Carrying the Va’a

Rigging

The “seats” – responsibilities of sitting in each seat

Race specific techniques -Race starts, turns, strategy, etc.

Paddle Training – Paddle training workouts will rotate so that all types of paddling are covered.

Intensity levels will rotate as well as we follow a program to sequentially build overall fitness, levels of workout intensity will gradually build and then a period of less intensity will follow for recovery.

Interval training – varied sequences of increased & lowered intensity to build fitness level

Endurance training – longer sequences of long distance level intensity to build distance endurance

Voyage endurance – longer sequences of moderate level intensity

Core & strength fitness training 30 minutes

Each core and strength session will be continuous motion programs for maximum benefit from each session. Some sessions will be more high intensity and others will be less intense.

Exercises will be offered with beginning, intermediate and advanced versions. The program will rotate to allow recovery.

Why Paddle Core?

Paddling is a wonderful experience, sport and community and Kihei Canoe Club already has some great programs. Recreational Paddling, Guest Paddling, Na Opio, Regatta Racing, Long Distance Racing and Voyaging. Paddle Core adds a fitness program to that list. Racers now have an opportunity to work out year round; recreational paddlers can expand knowledge and capabilities; new paddlers can work up to a level where racing would be possible and new paddlers can be attracted to Kihei Canoe Club. Paddle Core builds the core fitness of the individual and also the core of Kihei Canoe Club!