VMware Hands-on Labs 2015 Catalog
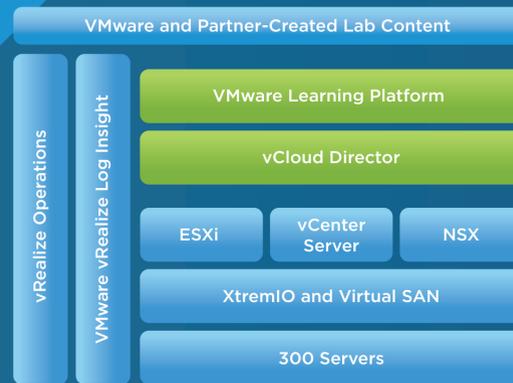
vmware®

- Launch
- Explore
- Collaborate

VMware Hands-on Labs provides an easy way for you to explore VMware products and solutions online. There is no need for special licenses or hardware and most labs load within 3-5 minutes using the latest versions of Chrome, FireFox, Safari, and Internet Explorer. VMware Hands-on Labs are powered by the latest versions of the VMware Software-Defined Data Center products and solutions.

Visit our Hands-on Labs Blog for latest information:
http://blogs.vmware.com/hol

VMware Hands-on Labs Expert-Led Workshops (ELW)
The VMware Hands-on Labs Expert-Led Workshops are a great way to explore our products and solutions in an intimate way. These are a great opportunity to interact with experts and gain in-sights into our products and solutions. The Expert-Led Workshops are hosted by Product Experts around the world — please contact your VMware and Partner representative for more information.

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Hands-on Labs Infrastructure Overview

VMware and Partner-Created Lab Content

vRealize Operations | VMware vRealize Log Insight

- VMware Learning Platform
- vCloud Director
- ESXi | vCenter Server | NSX
- XtremIO and Virtual SAN
- 300 Servers

Tips for Taking Labs

Select a Topic → Choose a 90-Minute Path → Take Your Lab

- You will not have time to complete an entire lab topic in a single sitting. This is by design.
- Plan ahead and select modules that can be completed in 90 minutes or less.
- To view the complete module list and estimated duration, refer to the "Table of Contents," which appears in the "More Options" menu of the lab manual.
- Take advantage of guidance from the lab authors in the "Lab Overview" section of the lab manual.

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HOL-HBD-1481
vCloud Air - Jump Start for vSphere Admins

Learn how to use VMware vCloud® Air™. Deploy a virtual machine, migrate from your existing vSphere® environment, and explore basic networking and security principles.

Captains
Chris Willingham, Carlos Munoz, Jeremy Cowan

HOL-HBD-1482
vCloud Air - Networking and Security

vCloud Air facilitates advanced networking features. You will experience vCloud Air through the eyes of a systems administrator facing such issues as IP address mobility and security.

Captains
Jason Scanga, Cabot Harrington, Jon Pawlowski

HOL-HBD-1483
vCloud Air - Manage Your Cloud

vCloud Air is our new infrastructure-as-a-service offering. You will manage users and role-based access, deploy from the Service Catalog, and use a host of VMware solutions with both VMware vSphere® and vCloud Air.

Captains
Gregg Parsons, Sebastien Bourque, Ivan Talley, Greg Fox

HOL-MBL-1451
Horizon 6 with View from A to Z

Complete a guided tour of VMware Horizon® 6 with View features with a focus on new technologies such as Cloud Pod Architecture, Hosted Applications, and VMware Virtual SAN™. Learn how to optimize Horizon View for your environment, and learn steps to troubleshoot a View environment while avoiding common issues.

Captains
Josh Spencer, Mark Richards, Mike Barnett

HOL-MBL-1452
Horizon 6 with View Use Cases

You will experience different use cases for Horizon 6 with View, such as the Call Center Desktop, Branch Office Desktop and Mobile Secure Workplace (with focus on Fed Secure Desktop and VMware Always-On Point of Care™). Additional modules include: an overview of the new VMware App Volumes™, Mirage™ Controlled View Static Desktops, and a guided tour of VMware vRealize™ Operations Manager for Horizon.

Captains
Peter Schraml, Sam Tessier, Brent McCoubrey

HOL-MBL-1453
VMware Workspace Portal - Explore and Deploy

VMware Workspace™ Portal securely delivers your applications to any device. Gain hands-on experience in the Application Catalog, SAML integration, and desktop brokering.

Captains
Peter Bjork, Lawrie Scott

HOL-MBL-1454
Applied ThinApp - Capture and Deploy Packages

VMware ThinApp® accelerates and simplifies application deployment and migration. You will learn what's new in ThinApp.next, build ThinApp packages, and discover the tools available for updating and managing packages.

Captains
Ryan Costello, Tony Skwerski

HOL-MBL-1455
Managing Desktops with VMware Mirage

VMware Mirage enables efficient and unified image management of physical, virtual, and BYO desktops using layering technology. You will capture layers and use them to address common use cases that trouble desktop administrators today.

Captains
Chris Halstead, Jeff Weiss

HOL-MBL-1456
Horizon Air - Explore and Deploy

This lab will introduce you to desktop as a service (DaaS). Through hands-on exercises, you will learn how DaaS goes beyond typical virtual desktop infrastructure (VDI), and work closely with VMware Horizon Air, the market leading offering.

Captains
Bryan Salek, Matthew Mabis, Richard Falci

HOL-SDC-1401
Cloud Management with vRealize Operations

VMware vRealize™ Suite delivers intelligent operations management across physical, virtual, and cloud infrastructures — from vSphere and Hyper-V to Amazon Web Services. It correlates data from applications to storage in a unified management tool that is easy-to-use and can provide control over performance, capacity, and configuration, with predictive analytics driving proactive action, and policy-based automation.

Captains
Clive Wenman, Christopher McCann, Andrew Lytle, Jack White

HOL-SDC-1402
vSphere Distributed Switch from A to Z

This is an ideal lab to learn the basics and advanced virtual network configuration options on vSphere using the vSphere Distributed Switch™ (VDS). We will cover configuration through migration from a vSphere Standard Switch (VSS) to VDS, Quality of Service, Monitoring with Layer 3 SPAN, High Availability with LACP, and some troubleshooting steps. The lab will also help build a basic knowledge of VDS, which is a foundation to VMware NSX™ deployments.

Captains
Kevin Lubojacky, Randy Jones

HOL-SDC-1403
VMware NSX Introduction

VMware NSX is the platform for network virtualization. You will gain hands-on experience with Logical Switching, Distributed Logical Routing, Dynamic Routing, Distributed Firewall, and Logical Network Services. This lab introduces the core capabilities of VMware NSX in vSphere environments used to enable network and security virtualization.

Captains
Keith Luck, Bob Motanagh, Tim Ness

HOL-SDC-1404
vSphere Performance Optimization

This lab covers vSphere performance best practices and features. You will work with a broad array of solutions, including VMware Labs "Flings," to gauge and diagnose performance in a VMware Environment, including vFRC, vNUMA and Latency Sensitivity.

Captains
Henrik Moerster, Robert Jensen, Tom Turco

HOL-SDC-1405
IT Outcomes – High Availability and Business Continuity/ Disaster Recovery

VMware business continuity and disaster recovery (BC/DR) solutions drive automation, efficiency, data protection, and validation of an organization's enterprise-level BC/DR strategy. Learn how to reduce downtime and increase availability for your applications and services with VMware vCenter™ Site Recovery Manager™ and VMware vSphere Data Protection™ Advanced.

Captains
Andrew Murphy, James Wirth, Daniel Wofford

HOL-SDC-1406
vCloud Suite 101

This introductory lab demonstrates the first steps in the journey to a Software-Defined Enterprise by implementing all components of VMware vCloud Suite® Standard, which focuses on the core features and functions of vSphere, vCenter, vRealize Operations™ and vRealize Automation™. This is an excellent place to begin your Software-Defined Data Center (SDDC) experience by moving from the world of traditional templates to blueprints that enable Automated Infrastructure Delivery.

Captains
Jodi Shely, Paul Gifford, Tony Okwechime

HOL-SDC-1407
VMware Automation Solutions

VMware vCloud Automation Solutions accelerate the journey to a lights-out, fully automated, and efficient Software-Defined Data Center. Explore VMware vRealize Orchestrator™, VMware vSphere PowerCLI™, VMware Virtual SAN™, and VMware vSphere Auto Deploy™ working together to solve real-world problems.

Captains
Marcus Milhomem, Kamen Nikolov, Maya Serafimova, Neeraj Gandhi, Tom Lusk, Chris Dombrowski, Adam Bohle

HOL-SDC-1408
VMware Virtual SAN 101

Experience VMware Virtual SAN for the first time. Learn how to deploy, configure, and manage VMware's latest hypervisor-converged storage solution. Includes new Virtual SAN 6 content for the 2014 catalog.

Captains
John Browne, Mousumi Mullick, Martin Banda, Jim LaFollette

HOL-SDC-1409
vSphere Big Data Extensions

VMware vSphere Big Data Extensions™ makes Hadoop virtualization-aware, improves performance in virtual environments, and enables deployment of highly available Hadoop clusters in minutes. You can choose from introductory to advanced modules in this exciting lab topic.

Captains
Michael West, Matthew Portnoy, David Morse

HOL-SDC-1410
Virtualization 101

This introductory lab demonstrates the core features and functions of vSphere and vCenter. This is an excellent place to begin your experience with VMware vSphere.

Captains
Cleavon Roberts, Paul Schlosser, Adam Eckerle

HOL-SDC-1411
IT Cost Transparency with ITBM

Gain transparency into and proactively manage the costs, quality, and performance of IT services, vendors, and contracts through insightful dashboards, analytics, and capabilities that help align IT to the demands of the business.

Captains
Jeremy Morin, Itai Zach

HOL-SDC-1412
IT Outcomes – Data Center Virtualization and Standardization

This lab will focus on taking the traditional benefits of vSphere and extending them further into your Software-Defined Data Center through software-defined storage using Virtual SAN and network virtualization using NSX for vSphere. This will enable organizations to see how to deliver the same efficiency and agility for the data center as it does right now for the VM.

Captains
Vincent Riccio, Amit Kumar Agrawal

HOL-SDC-1413
IT Outcomes – App and Infrastructure Delivery Automation

Reduce time to deliver applications and infrastructure with automated provisioning and policy-based governance throughout the service delivery lifecycle using vRealize Automation™ and Application Services. Integration points with VMware's NSX for vSphere will be shown, as well as external service integration (such as vCloud Air, IP, and service management), and extensibility through additional automation.

Captains
Mike Fegan, Donald Schubot

HOL-SDC-1415
IT Outcomes – Security Controls Native to Infrastructure

Learn how several VMware technologies work together to implement policy-based network control, configuration and compliance management, and intelligent operations management. You will use NSX for vSphere to isolate, protect, and apply security policies across virtual network workloads. Use vRealize Configuration Manager™ to identify, assess, and remediate out-of-compliance virtual machines. Finally, you will use vRealize Operations for operational insight into the health, risk, and efficiency of the virtual infrastructure.

Captains
Matthew DiCapua, Amit Kumar Agrawal

HOL-SDC-1416
IT Outcomes – Streamlined and Automated Data Center Operations

Use the VMware vCloud Suite to manage Business Critical Applications (BCA). See how applications such as Microsoft SQL and Exchange can be managed using vRealize Operations with data from vRealize Infrastructure Navigator™, vRealize Hyperic®, and vCloud Air. See demonstrations of monitoring, capacity and performance management, application grouping, super metrics and more.

Captain
Matthew Steiner

HOL-SDC-1420
VMware Integrated OpenStack and NSX

Are you interested in learning more about OpenStack? OpenStack is a cloud API framework that enables self-service cloud provisioning and automation. You will take a basic tour of OpenStack and use it with vSphere and NSX to provision compute, storage, and networking resources.

Captains
Marcos Hernandez, Ed Shmookler, Tony Welsh

HOL-SDC-1421
Using vRealize Automation to Build and Deploy Services and Applications

Use vRealize Automation to rapidly automate the deployment and management of a variety of IT services and applications. It covers key features of vRealize Automation 6, including use cases from the perspectives of the consumers, business managers and administrators. You will explore the integrations between vRealize Automation and vRealize Application Services, vRealize Orchestrator and vRealize Business™ Standard, and develop new service offerings through the Advanced Service Designer.

Captains
Jim DeWitt, Grant Orchard, Ryan Kelly, Kimberly Delgado, Jon Schulman

HOL-SDC-1422
VMware Development Tools and SDKs

This introductory lab will get you up and running, building cloud infrastructure solutions with VMware development tools and SDKs. These are developer-gramming in Java or Python is expected. But don't worry, no coding is required. Complete sample code has been provided.

Captain
Bob Fraser

HOL-SDC-1423
vCloud Suite Basic Networking

This is an excellent lab to begin learning about vCloud Networking. You will use VMware vCloud Networking and Security™ to deploy a DMZ network segment, a multi-tier application, and a virtual firewall with context.

Captains
Clement Wong, Tony Welsh

HOL-SDC-1424
VMware NSX in the vRealize Suite

This NSX lab covers integration of NSX with components of the vRealize Suite to deliver on the Software-Defined Data Center. Integration of NSX with Management components like vRealize Automation, vRealize Operations and vRealize Log Insight™ is covered in this lab. In addition, the lab also demonstrates how NSX is a platform built for automation by using vRealize Operations and the NSX API.

Captains
Nathan Ness, Sean ODell, Dan Illson, Hadar Freehling, Chris McClanahan

HOL-SDC-1425
VMware NSX Advanced

This lab covers advanced NSX topics and builds on the basics learned in the "VMware NSX Introduction (HOL-SDC-1403)" lab. You will gain hands-on experience on advanced NSX features like DHCP Relay, L2VPN, ECMP, and Service Composer. This lab will also cover third-party integration with NSX by highlighting Networking Management, Load Balancing, and End-Point Security Partners to demonstrate how NSX provides a comprehensive platform for network and security virtualization.

Captains
Joe Silvagi, Scott Martin, Hadar Freehling, Pooja Patel

HOL-SDC-1426
vRealize Log Insight in the Real World

In this lab you will learn how to use vRealize Log Insight to troubleshoot common issues. You will also learn how vRealize Log Insight can detect issues in your virtual infrastructure and server environments. This lab will also cover all of the vRealize Log Insight basics like configuration, log collection setup, how to use Content Packs, and integration with vRealize Operations.

Captains
Al Grandville, Amanda Blevins

HOL-SDC-1427
VMware Software-Defined Storage Solutions for the Enterprise

Software-defined storage is here today. See how VMware can deliver a complete set of storage capabilities, on demand and dynamically created, using exciting new solutions such as Storage Policy-Based Management, Virtual SAN, and vSphere Virtual Volumes™. Learn how to manage policies in this new model and offer storage services to users on a self-service basis.

Captains
John Browne, Mousumi Mullick, Martin Banda, Jim LaFollette

HOL-SDC-1428
VMware EVO:RAIL Introduction

VMware EVO:RAIL™ combines compute, networking, and storage resources into a hyper-converged infrastructure appliance to create a simple, easy to deploy, all-in-one solution offered by VMware qualified partners.

Captains
Chrissie Cui, Wit Riewrangboonya

HOL-SDC-1429
Virtual Volumes

vSphere Virtual Volumes, is VMware's new storage paradigm to facilitate per VM/VMDK data services on the storage array. This allows the storage to move away from a LUN centric storage representation to a granular form of representation. This HOL gives you a closer look at Virtual Volumes so you can get familiar with the concepts and some of the data path workflows.

Captains
John Browne, Mousumi Mullick, Martin Banda, Jim LaFollette

HOL-SDC-1430
Docker Essentials for the vSphere Admin

DevOps, Containers, Docker, Mesos, Kubernetes, Microservices, 12-factor applications, 3rd platform, oh my! Modern application architecture and its associated lifecycle is changing fast and that means yet more demands on IT. While some have argued that this new application approach calls for a whole new infrastructure, you will learn how to address these new business-driven demands head on, leveraging your existing investment, while still delivering the highest SLOs — performance, availability, security, compliance, disaster recovery to name a few. You will discover how the emerging 3rd Platform Application stack not only fits into your existing SDDC infrastructure investments but is actually the best place to run containers and emerging 3rd platform applications.

Captains
Aaron Sweemer, Fabio Rapposelli, Josh Gray

HOL-SDC-1431
vSphere Optimization Assessment (vOA)

vSphere Optimization Assessment (vOA) uses vRealize Operations Manager with customized vOA specific reports to produce immediate and timed valuable results in a structured (mini) Proof of Concept format. It delivers immediate value starting day 1, with a vSphere configuration audit report, and provides additional benefits by identifying performance improvement and capacity optimization recommendations throughout the program.

Captains
Kyle Geisler

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LEGEND

- Hybrid Cloud (HBD)
- Mobility (MBL)
- Software-Defined Data Center (SDDC)