



LASER HIKING

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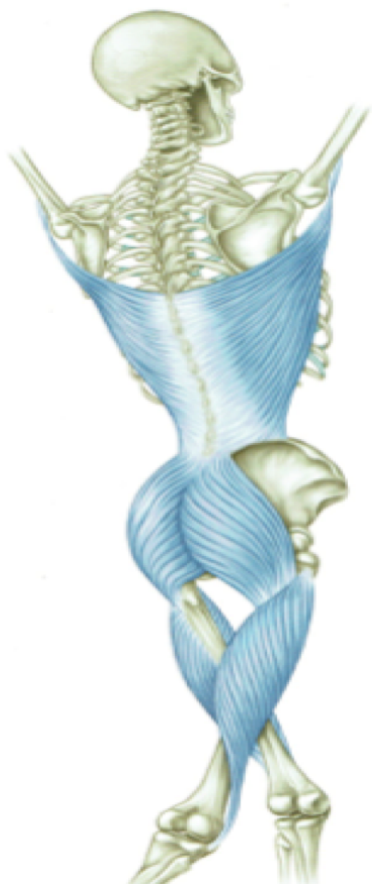
Hiking is one of the hardest physical activities you can do on the water. It takes not only physical effort but also technique to help make the boat go as fast as possible whilst remaining injury free.

I want to focus on the reasons why it is important to practice good technique on land before going sailing. Below is an image of Paige Railey Laser Radial World Champion & Olympian from the USA demonstrating perfect hiking technique on land.

Lets talk anatomy

The strongest group of muscles in our body is our legs. It is important to think about applying pressure through the deck of the boat to maintain its upright position.

The body has long fascial slings which help connect our upper body with our lower body. To help engage these slings we must maintain neutral spine. Neutral spine is the natural alignment of our spine. For further information please refer to the neutral spine article.



To engage the most important protective sling, the posterior oblique sling we must set back our shoulders. This sling starts with the latissimus dorsi and runs across the midline into the sacrolumbar fascia & down into the fibers of gluteus maximus on the opposite side & down into the lateral quadriceps.

The motion of pressing the boat down off the back of a wave engages the posterior oblique sling.

On water

At the top of a wave it is windier then the bottom. The rig will load up & lean over. At this point you press through your knees, extend out into neutral spine and then ease the mainsheet simultaneously.

You can practice 20sec of good postural hiking, then rest for 10sec repeat. Over time you can progress to 1min of perfect hiking posture on the water. Avoid long upwinds of poor technique. Best to do interval training.



In the Gym

You can practice this position in the gym by sitting on a swiss ball. Aim to have the centre of the ball under your knees & hook your feet under a bench. You can add a light theraband to pull for the mainsheet or cross your arms over your chest. Put pressure down into the swiss ball via your knees. Repeat the knee press for x20 reps and repeat x3-5 times. You can add rotation & side bends as you improve.

Remember to stretch your hip flexors and to also do exercises that help activate your glutes such as squats, lunges or shoulder bridge exercises between sets.

If you have any questions please feel free to contact me via the K2 Health website www.k2health.com.au

Reference

Myers. W.T (2014) Anatomy Trains

Above
Paige Railey USA Laser Radial World
Champion training for the
upcoming World 2018

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