



Aims

- Help you with your hiking performance
- Help you with coaching good hiking

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Outcomes

- To be able to identify correct hiking posture
- To be able to identify incorrect, unsafe techniques and how to deal with them
- To be able to improve hiking performance

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Contents

- Why do we hike?
- Why do we need to discuss hiking?
- Fundamentals of good hiking posture.
- How to improve hiking performance.
- How to avoid hiking injuries

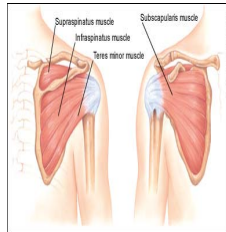
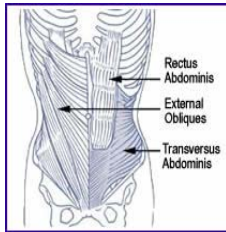
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Why?

<ul style="list-style-type: none"> • Why do we hike? <ul style="list-style-type: none"> – Leverage – Work boat through waves and gusts – Because were proper sailors! 	<ul style="list-style-type: none"> • Why do we need to discuss hiking? <ul style="list-style-type: none"> – Find ways to improve boatspeed – Avoid injuries
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Postural Muscles



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Fundamentals - Posture

How good is your partners posture?

Test Yourself:

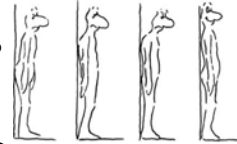
Stand against a wall with the back of your head, shoulders, hip, and heels touching.

Are your back and shoulders too rounded to do this?

Does your chin jut forward or lift up?

Do you have to arch your back to touch your head?

Is your hip so tight that your back is uncomfortable to stand straight?



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Poor Posture

Symptoms of poor posture can include:

Rounded shoulders

Potbelly

Bent knees when standing or walking

Head that either leans forward or backward

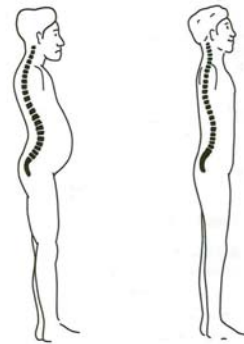
Back pain

Body aches and pains

Muscle fatigue

Headache

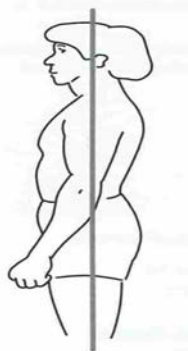
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Poor Posture: Low back is too arched

Correct Posture: Low back has slight arch

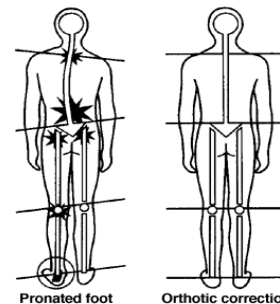
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Correct Posture

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Body Alignment



Pronated foot

Orthotic correction

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Spot the Correct Hiking Posture



Correct Hiking Posture





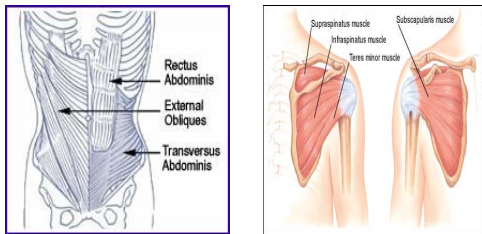
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How do we Improve Hiking Posture



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Postural Muscles



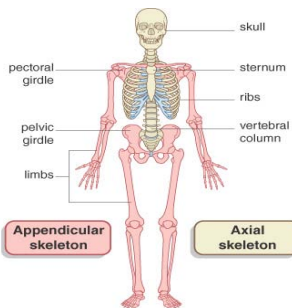
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Core Stability



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Core Strength



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Training for Hiking

- | | |
|--|---|
| <p>On the water</p> <ul style="list-style-type: none"> • Check posture and alignment • Progressive training (be realistic!) | <p>Off the water</p> <ul style="list-style-type: none"> • Core stability • Core strength • Endurance training • Flexibility training |
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How to Avoid Injuries

- Warm ups – dynamic stretches
- Cool downs – PNF stretches
- General posture

