



## PHYSICAL PREPARATION FOR A BEYOND SEA KAYAKING TRIP

Get your muscles ready for the endurance they will need for a week on the water!

### #1 Flexibility and Balance

As a paddler, flexibility and balance are the main arenas of fitness you will rely on to prevent injuries as you are transitioning from paddling, to the physical demands of navigating a surf landing, to jumping out of your kayak, to lifting and carrying all of the kayaks past the intertidal zone. Just getting in and out, and staying upright in a kayak requires flexibility and balance. Prepare for your trip by incorporating a complete stretching routine that includes total body flexibility and balance. Prepare your own routine or use yoga styles of stretching, twists, and balancing positions to help get you ready for your trip. Have fun watching your body adapt and improve little by little.

### #2 Strength Conditioning

Between paddling and carrying boats you will be using every major muscle group in your body: arms, legs and core. Getting out and paddling or using a rowing machine is the best way to build muscle groups for paddling, but you don't need access to a kayak or rowing machine. Physically prepare by doing physical activity at least 3x a week for 30 minutes or more. Build core, arm, shoulder, and leg muscles. Also focus on flexibility.

- ✓ Core. Add 3 sets of the Bridge (or Plank): a core exercise where your body is parallel to the ground, elbows and toes are touching the floor and your back is straight with the belly tight. Hold this pose for thirty seconds to one minute. These will help build endurance of your core muscles. Add other core exercises. Your core is important for balancing your kayaking and is a major part of paddling.
- ✓ Arms and shoulders. Add 3 sets of 15 bicep and tricep curls with light to moderate weights. Add 2 sets of 15-25 pushups, start on knees if standard pushups are too hard at first. See how many you can work up to!
- ✓ Legs. Add 3 sets of 20 lunges to your workouts to help your legs build strength for support when you are carrying boats. Start with squats if lunges are too difficult at first.

### Train Together

If possible, work out as a group and if you are able, get out on the water together for a paddle! It will also give your group a good start in learning how to work together on the water.

Another idea is to get together at someone's house and do a group workout. Create stations around the house such as lunges, push-ups, sit-ups, wall-sits, plank, dips on a chair, etc. Have everyone start with a different activity. Do each activity for one minute. Continue rotating until everyone does all the stations. Crank up the tunes and repeat the whole cycle three times. To finish off the workout, have a big group stretching session and balancing competitions.