

BASIC TECHNIQUE

The Nordic Walking technique is similar to performing the movements of cross-country skiing. Nordic Walking uses the physiological diagonal movement through the conscious use of the arm muscles with the help of poles. This means that the right pole is in contact with the ground when the left heel touches the ground, and vice versa.

Nordic Walking is a version of trekking that becomes even more effective using poles. The movements of the arms, legs and body in the tempo and execution of the strides are similar to those of a brisk walk or cross-country skiing. With Nordic Walking one moves parallel and forward with respect to the left leg and right arm, and the right leg and left arm.

When one switches over from a normal walk to Nordic Walking, the length of the stride increases and involves all of the body's muscles. At the same time, use of the arms makes it slower and adapts its dynamics to the lengthening of the stride. The pole is always thrown out close to the body. The hands perform rectilinear movements forward and backward. The body should always be slightly bent forward.

THE PHASES

The left arm is extended forward, slightly bent, with the pole tilted at an angle. The right fist is behind the hips. When the pole is lifted, the right arm is extended backward. The left leg is behind, extended at the malleolus, ready for the push forward. The right leg is in front, and the heel starts a new stride.

The left hand pushes the pole back while the right leg carries the body forward. The fists slide forward, one after the other alternating, a little before the body, and the left hand starts to throw out the pole when it goes in front of the hips. Together with the grip on the pole, the fist carries the right arm forward. The left leg reaches the same height as the right leg, and the left knee is slightly bent. The weight rests on the left leg and on the right pole. To achieve maximum arm extension, the left hand is kept slightly open and the final push is made through with the loop.

VIRTUALLY:

- The shoulders should be relaxed and limber.
- The upper part of the body and the hips sway in a natural manner.
- The feet are straight forward.
- The poles are kept close to the body.
- Hands slightly open to let the poles swing forward.
- Toes well secure, and hip movement forward.
- The pole touches the ground together with the opposite heel. At the end of the movement, the pole is brought back diagonally.
- The pole is not held with a firm grip, but swings slightly with every movement of the arm, close to the body.

To start, it is best to contact a qualified instructor in order to learn the correct technique and avoid the incorrect posture.