

Training – This is for everyone doing a Kayaking Trip

One of the most important preparations for your kayaking trip is training. This will ensure that your trip is as safe and enjoyable as it can be. The best possible way to train for your trip is to go out and kayak. If kayaking is not an option, we recommend a variety of regular exercise including core, upper body and endurance training. Kayaking requires immense strength from your back, arms, and core muscles. Doing strength training exercises for core (the midsection area that includes your abs, obliques, mid to lower back and upper hips) and upper body out of the water will improve your kayaking ability. The following exercises will help to increase strength and endurance. The amount of training you do depends on your overall fitness level and the kayaking trip that you are joining. As a basic rule you should be working out 4 days a week (5 hours) leading up to the trip. You should start your training as soon as possible. The following are recommended training options for any of our 3-5 day kayaking trips.

Upper Body Strength

Perform high-repetition upper-body exercises to build muscle endurance as well as muscle strength and mass. Push-ups are a great way to work most of the upper-body paddling muscles, and they do so by using a pushing motion important in paddling, but not often used with other weight lifting activities. Push-ups are also great because they can be easily performed in many places, even when you only have a short time to spare.

Core Strength

Pull-ups are an amazing body weight exercise for your lats, shoulders, arms, forearms, core, and grip strength. Strengthening these muscles will give you the power to increase the speed and endurance when kayaking. If you cannot do a pull-up on your own, check out your gym for assisted pull-up machines that allow you to lift a portion of your body weight. Otherwise, use a pull-up bar. Grab the bar with your palms facing away from you and bend your elbows, lifting your entire body off the ground until your head clears the bar. Try not to swing or use momentum. Do as many as you can and work up to three sets of 8.

Pilates Conditioning

Make Pilates exercises part of your daily or weekly routine. Pilates, a whole-body conditioning workout, focuses on the strength of your core. A strong core will improve your balance, bracing, and overall ability to control your boat. Pilates will help you build strength, flexibility and awareness of a wide range of muscles, especially all those tiny muscles and joints so important in paddling. Pilates also emphasizes maintaining proper posture while performing fluid, motion-based poses and exercises. This training will help your body to instinctively assume correct posture and positioning as you navigate your boat through the moving, unstable medium of water.

Build Endurance

Add hiking, biking, running or other endurance activities to your routine to build a strong heart and improve lung capacity. Aerobic activity improves circulation and blood flow and will also help improve your stamina and energy levels, making it possible for you to paddle for longer periods of time in variable conditions. This extra endurance training will also give you energy for the amazing hikes you can do after parking the boats for the day.