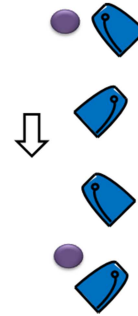


# Power Hour – Boat Speed

## Warm up – 10 mins

Windward leeward course

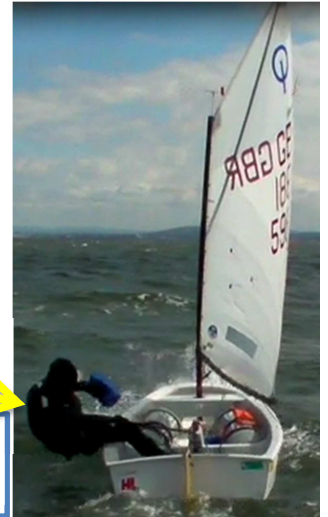
- 1<sup>st</sup> lap 3 tacks 3 gybes
- 2<sup>nd</sup> lap 5 tacks 3 gybes
- 3<sup>rd</sup> lap 7 tacks 5 gybes



## Upwind – 25 mins

To have good upwind boat speed in medium to strong winds you need to:

- Keep the boat flat – so important!!
- Keep the tail tales streaming
- Have toe straps that are the correct length
- Lean towards the back of the boat to keep the bow out of the water.
- Have good hiking posture
- Keep the boat dry – sail and bail



### Exercises:

**Rabbit runs, tacking on a whistle every 2 mins for 14 mins**

Good sitting positions in light winds

- Above the kiwi
- On the right the squat position (sit on the thwart)



**Sailing and Bailing** - Sail upwind fully powered up and take a transit (something you can point at). Pass your mainsheet in your back hand and pick up bailer, hike hard and bail 3 times then go to back to sailing normally. Keep repeating this to keep the boat as dry as possible. Make sure you don't alter course and you don't let the sail out too much.

## Downwind – 25 mins

Once you have gone upwind it's time to go downwind!! 😊

### Exercises.

- 1) Downwind speed runs
- 2) Downwind races
- 3) One sailor allowed to pump and work the boat other sailor is not....see who wins and by how far.

To have good boat speed downwind you must:

- Use the waves, pump down them to accelerate.
- Let the main sheet out to 90 degrees
- Hold the tiller extension at the base
- Keep the leeward side of the boat out of the water.
- Sit on the side with your back knee on the bottom of the boat (if you are big enough)
- If you are smaller sit with your feet together against the side of your boat with your knees pointing forward.
- Ease the sprit so there are no creases in the sail
- Lean back to keep the bow of your boat out of the water.



Boat speed training may not be the most exciting training session, but it is so important so work hard! If it is windy think of it as the harder you work the more your fitness will improve.

