



## Change in Season ~ Change in Fitness Goals

[www.sailtrim.org](http://www.sailtrim.org)

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### SailTrim Fall Schedule:

- ◆ September: New England Racing and Seminars
- ◆ October/ November: San Francisco Bay Area
- ◆ December: UK Tour (TBD)



### ~NOTICE~

SailTrim's Full Length Articles (newsletter topics) available

### Late September

If interested, stay tuned to the SailTrim Blog for more information

### New Season ~ New Focus

It's the time of year when sailing for many in the Northern Hemisphere slows down; kids are back to school, days are getting shorter and the mercury begins to dip.

The Wednesday night beer can racing may have ended for some, high school/college kids have rejoined their teams and the pros may be gearing

up for the winter circuits in southern waters.

The summer solstice may be coming to a close but the active sailor need not begin preparations for hibernation! The sailor who takes their water play in form of snow can start ski conditioning.

The H.S and collegiate sailor can focus on keeping

a healthy balance between school, sailing and staying healthy.

The professional sailor can use the longer lag times between races to address any performance concerns: injuries for example.

The season is changing but no reason to lose focus; a little tweak will keep all sailing strong year round!

### The "Go-Go" Sailors' Guide to Finding Time

The youthful dinghy racer, Olympic campaigner and working professional whom compete year round, have all made a clear commitment to their sport of sailing.

How on earth do they pull it all off? The student balances classes, training and traveling. The Olympic campaigners usually have a "day job", possibly family, training, traveling and not to mention the hunt for sponsors. Then there's the working professional who strikes out on their own (Ex. [WSSkiff Team](#)).

In general, most folks reading this would benefit from thinking about ways to fit in time to address their own health and fitness. This will not be the first or last time you hear SailTrim ask the question, "**How badly do you want it?**".

If the goal is to improve, be consistent and prevent injuries that keep one off

the water; the individual has to make the time. SailTrim and trainers can help someone make best use of that time. However, if the athlete does not want to make that commitment then no matter how great the coach, trainer, etc ~ it simply wont happen.

For those of you who are still reading and want some ideas to making the time, putting it to best use and work out ahead of the fleet; SailTrim is happy to be of help or point you in the right direction.

#### Step 1:

Look at your day to day, week to week routine; are there some common trends? Is there some rhythm, pattern (class schedule, training days and time, regatta schedule and locations, etc).

Could you make better use of any gaps of time, get to the boat a little early, rig it

up and take a little time to do some land work and then hit the water or vice verse?

#### Step2:

Put the information from step 1 to work and start thinking outside the box in regards to off water training.

The concept that you have to work out in a gym needs to be tossed aside if the gym is not convenient for the life-style.

Trainers and coaches can work together to build fitness programs that do not require gym equipment. Later this month SailTrim will release to H.S. School and Olympic campaigns a no-gym necessary routine that uses a few mobile tools and most things available in a park, YC or hotel room.

#### Step 3:

Keep a journal ~ tracking your training will help you keep tabs on what worked and didn't.

## **The Recovery Game for Consistent Performance**

The game of recovery is similar to chess; you have to think ahead 3 moves. The athletes that excel at triathlons, maintaining consistent performance over a course of sequential events; all have well thought out plans.

Whether dinghy or keelboat racing, preparing the body for the next race of the day or next day of full racing can mean the difference of consistency performance or not.

For the day to day performance, keeping the body hydrated and fueled during the day (taking in fluids and quick bites between individual races, etc) will make a difference if RC throws in an unexpected end of the day race.

Once the last race of the day

is completed, taking time to replenish the body of much needed resources will ensure starting day two, three, four, etc refreshed and ready to perform.

### **So what does the body need to do after a day of strenuous activity?**

- ◆ Re-hydrate
- ◆ Re-fuel
- ◆ Repair

### **How can we do that?**

- ◆ For each lb of bodyweight lost during activity replaced with 0.5L of fluid (This information can be figured out during the training and recorded for individual athletes)
- ◆ Carbohydrate consumption to restore glycogen

levels (something the athlete can tolerate after strenuous activity)

- ◆ Include protein in the post-race meal to aid in muscle glycogen replenishment and giving recovering muscle tissue resource to repair with.

### **Tips and Ideas for the Coaches, Team Captains and "support" crews:**

- ◆ Have prepared bottles of recovery beverages ready for hand out to racers after they cross the line. They begin replenishment at the most effective time (within 30min post exercise)
- ◆ Encourage athlete to eat and drink during sail in and before they are

caught up in the hustle of de-rigging.

- ◆ Whether dinghy or keel-boat sailing, remind the team and crew that what they eat the night before is the beginning prep for the next day of racing. (Encourage a balance meal of carbohydrate, protein and healthy fats)

The Recovery Game is an individual responsibility and will vary as such. The coaches, trainers, skippers and shore crew can all play a supportive role in ensuring that the game is played well. Take the time before the start of an event to ensure the resources are available for athletes to re-hydrate, re-fuel and repair. Planning ahead is sure to support consistent performances and staying ahead in the fleet.

## **Hiking Hard & The Crying Muscles**

"Hike Hard!", cries the skipper, tactician or fellow crew. Unless you are a solo dinghy racer, when your inner voice is pushing you to hold the planed out position a bit longer; this is request that is rarely met with a grin.

The quads, abdominal muscles and surely a few other muscles are all crying out if you are a dinghy racer. The keelboat racer who rides the rail feels a slightly different pain or none (this is not a good thing).

Hiking the rail, hanging over a lifeline (which is hopefully padded!) for long periods of time applies pressure to the lower pelvis and posterior

thigh muscles. The pain associated with this is the effect of nerve communication and circulation to lower body being disrupted and the body trying to communicate a problem to the head.

For both types of sailor the illustrated stretches will assist recovery to the affected muscles and joints. The goal is to regain circulation to the muscles, stimulate the affected nerves and facilitate recovery.

The "hiking" component is not going to disappear, but here are a few SailTrim recommendations to make it better:

### **Dinghy Style:**

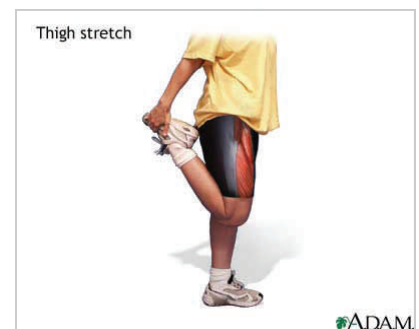
- ◆ In between races stretch;

this will refresh the blood supply to the muscles.

- ◆ Off the water exercises to mimic "hiking" to train the muscles, build endurance and stamina for holding position on water.

### **Keelboat Style:**

- ◆ Once you hit the dock stretch it out and walk around a bit! This will encourage circulation and innervations of tissue.
- ◆ Make use of padding options.
- ◆ Before bed: elevate legs for a little bit ~feels great!



*SailTrim will always recommend the guidance of professional medical personnel for prescription and treatment of medical concerns. Please contact [SailTrim](http://SailTrim) for further information or listing of references used .*

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