

A strong team – Nordic Walking and Kieser Training

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Are you interested in some gentle cardiovascular training in the fresh air as an adjunct to health-oriented strength training? If so, try Nordic Walking. Enjoy whole-body exercise in return for minimum effort without putting an excessive strain on joints.

A Scandinavian success story

Since the 1950s, “ski walking” has been part of the summer training of top performers in the disciplines of cross country skiing, Nordic Combined (ski jumping and cross-country skiing) and biathlon (cross country skiing and shooting). It subsequently became clear that anyone could improve their health if they did it and in 1997, Nordic Walking was launched in Finland as a health concept and fitness sport. From its beginnings in Scandinavia, walking with poles has become a mass health sport throughout Europe and the USA. Improvements to the poles (material, strap systems for the hands, length) have helped establish Nordic Walking as an independent sport.

The poles are a must

Nordic Walking is a modified form of walking with the walker using poles. The arm movements are roughly similar to those used in classic cross-country skiing. If the poles are used correctly, bodyweight is distributed between the upper and lower body. In contrast to jogging, the muscles of the upper body play an active role in the movement and there is an even load throughout the musculoskeletal system. The optimum pole length is approximately 66 % of height (height in cm x 0.66 = pole length). The poles, an essential aid, are light, robust with functional straps for the hands.

Who can do Nordic Walking?

Nordic Walking can be done at any age because it is easy to control the intensity. If you want to, you can increase your speed and stride length. However, if you need to be more careful, you walk slowly and enjoy the countryside more.

This type of training is particularly suitable for those who are overweight because the poles take the strain off the joints (knees, feet, spine, etc.) and the body is not subject to hard impacts. Walking outside on a range of surfaces (gravel, forest tracks, tarmac, grass, sand, etc.) improves balance and adds variety to your endurance training.

Health-oriented strength training as a basis for Nordic Walking

The main muscles used in Nordic Walking are the lower arm extensors and flexors, the shoulder muscles and the leg muscles. Health-oriented strength training creates the muscle base for endurance training. Build up the muscles required for Nordic Walking by including them in your strength training programme. Include other muscles such as the abdominal and back muscles and be well prepared for walking uphill and down hill. Strength and endurance – a strong team.

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