

Sail a lot

Naturally, you must have a program to get yourself in this type of condition. The best way to get into shape is to sail. Continuous practice in medium and heavy air will strengthen the ankle, shin, thigh, and stomach muscles which are so important for long-term hiking. Continuous practice will also toughen hands and strengthen arm muscles for the constant attention to sail adjustments required both on and off the wind. Continuous practice will condition the body in general for the exhausting efforts often required on a tough, five-race weekend series.

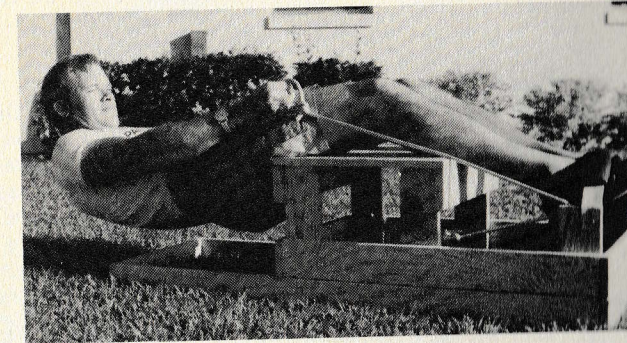
If the weather and circumstances are not conducive to continuous practice, a physical conditioning plan of off-the-water exercises must be developed and practiced on a regular basis. The plan should be specifically designed to strengthen arm, thigh, and stomach muscles, toughen hands, and improve cardiovascular condition. Calisthenics, weight lifting, and use of a hiking bench will improve muscle tone, running or skipping will improve cardiovascular condition.

As a minimum, I do sit-ups and push-ups at home. Regular workouts with weights to augment this drill would be better, using routines to exercise and strengthen the muscles used in sailing.

The hiking bench

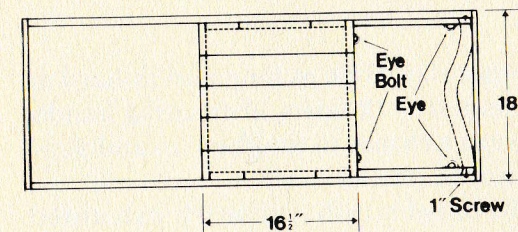
Before a major regatta, I work out on a hiking bench. It is a simple homemade bench which simulates hiking in a Laser. The seat is the same width as the deck, the hiking strap is the same height as the one in the cockpit, and the sheeting arrangement is similar to the Laser's. The hiking bench can be made in two hours using materials that cost less than \$5.

To use it, attach twin sheets led through the eyes to pulleys, attached to the eaves of the garage or house, or perhaps to a joist in the basement. The ends of the sheets are secured to

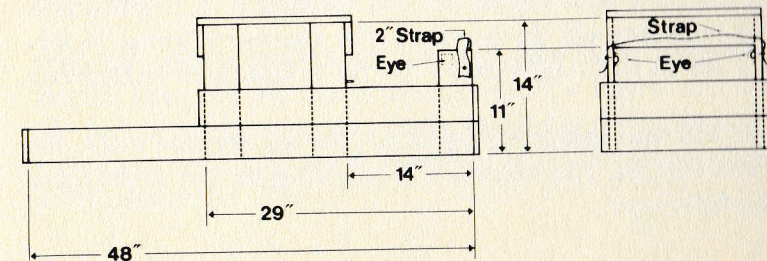


Dick Tillman works out on his hiking bench which he built in a few hours.

Linda Tillman



PARTS LIST		
Material	Length	Number
1x4	48"	2
1x4	29"	2
1x4	18"	6
1x4	16 1/2"	5
1x4	14"	4
1x4	11"	2
2" webbing	24"	1
screws	1	6
nails	1 1/2 - 1 3/4"	4 doz.
pad eye		2
eye bolt	1/2" x 2"	2



Jeff Derecki drawing

Plans and parts list for a Laser hiking bench.

suitable weights, such as a bucketful of sand or water, or to some heavy shockcord. Some vigorous pumping on a sheet hauling a pail of water weighing approximately 25 pounds should be more than enough to raise a few blisters.

As a training program I recommend that you start working on the bench at least two weeks before a regatta. Exercise about