



## What you will learn in your lessons

### *S1 - Foundations*

You will learn good walking posture, ideal arm-swing, how to hold/control the pole handles correctly/safely, maintain correct angle of pole behind body, and “landing/planting” your poles on the “sweet spot”.

### *S2 - Power of the poles*

Review and refine foundations from lesson 1. You will learn how to propel your body forward by pushing through the straps, fully engaging your upper arm and back muscles (which unloads up to 10kg from lower back, hips, knees, and ankles). We will conduct a video analysis of your technique to assist you to understand which aspects you need to focus on to achieve mastery.

### *S3 - Putting it all together - taking the next step*

You will learn the technique for fuller rear arm/pole extension and activating upper back muscles which are important for good posture. You will learn how to improve heel/toe action & pushing off and how to engage calf, hamstrings & gluteal muscles. Learn to gear (speed up) to increase cardio work, and techniques for walking up and down hills and steps to get most out of the poles while protecting your knees.

### *S4 - What happens after you learn to Nordic Walk?*

Capital Nordic Walking is passionate about supporting our local community of Nordic Walkers to help them to stay active and get the most out of their Nordic Walking. One of the joys and benefits of Nordic Walking is that it is a wonderful activity to do with others.

When you have completed your course and have your own Nordic Walking poles, you will be invited to join our free weekly Nordic Walking groups which cater for different fitness and mobility levels. To make it easier to keep in touch, and to help people connect and walk with others in their area, we've set up a private "Members-Only" Facebook page called Capital Nordic Walkers Connect. We hope that as well as connecting with other Nordic Walkers, you will learn about the many wonderful and beautiful Nordic Walking locations in and around Canberra. The Facebook group also makes it easier for us to let everyone know if there are changes in our walk program or about new Capital Nordic Walking events.