

How to Kayak Faster - balance, core & co ordination



Using a higher paddle angle will help you kayak faster.

The sport of kayaking utilizes many skills including balance, core strength and coordination. Kayaking is an activity performed on any body of water including fast- and slow-moving rivers, oceans and lakes. Regardless of the water's surface, paddle strokes and the technique used by kayakers to become faster and more efficient, are the same.

Step 1

Sit correctly in the kayak. Sit upright with the balls of your feet pressed against the foot pegs, or braces. The knees should be bent in a diamond shape with your thighs pressed against the thigh braces for a cockpit-style kayak or brace your calves and thighs against the kayak for a sit-on-top style of boat. Sitting correctly allows mobility in the upper torso, decreases risk of injury in the shoulder and increases your points of contact with the kayak.

Step 2

Rotate your torso. Efficient and effective paddling comes when a kayaker relies on core power rather than arm strength to propel the boat forward. The muscles that comprise the torso are stronger than the arm muscles, or biceps and triceps, and are less likely to fatigue.