

PAMLICO SEA BASE

PREPARING AND TRAINING FOR SEA KAYAKING

Mental Training

One of the most common quotes Pamlico's staff hears every year is the trek was "90% mental and 10% physical".

Weight and Height Chart

Each participant in a Sea Kayaking trek must not exceed the maximum acceptable limit in the weight of height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a kayaking program. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Each kayaking trek involves each individual paddling a 50 lb kayak plus food water and gear.

The average weight limitations of the kayaks used at the Sea Base is 400 lbs.

Please understand that those individuals who are overweight in size may cause more problems for their own crew.

Under no circumstances will any individual over 295 lbs be allowed to participate regardless of height or age.

HEIGHT	RECOMMENDED WEIGHT (LBS.)	MAXIMUM WEIGHT (LBS.)
5'0"	97-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	156-222	260
6'4"	152-216	267
6'5"	160-228	274
6'6"	164-234	281
6'7" & taller	170-240	295

Kayak and Cockpit Size and Dimensions

Unlike canoeing your waist and hip size may be a deterrent in your ability to safely control a sea kayak. Individuals overall body height will also affect their ability to control the boat. The following dimensions are that of the boats used at the Pamlico Sea Base.

Length: 14' 6" | Width: 25"
Weight: 55 lbs
Hatch Volume: 1500in / 5100in
Max Load: 300lbs
Cockpit: 34" x 19"

It is highly recommended before your arrival at the Sea Base you and your crew do one of the following:

1. Go to an outdoor supply retailer and physically sit in a similar kayak. Most outfitters will understand and allow you to try one of their boats in the store.
2. Go to a facility that rents similar kayaks to the general public and physically sit in and paddle the kayak. It is recommended that you rent the kayak for at least a half-day and paddle for at least 4-5 hrs.

Physical Training

Sea kayaking on the coastal waters of North Carolina can be physically challenging. While each itinerary is a progression, it is highly recommended you arrive physically capable of enjoying your trek.

Although you can start kayaking without any preliminary physical training, your body will appreciate a few good stretches and some strength-building exercises. Include exercises that target some specific paddling muscles, such as biceps, triceps, forearms, torso, and lower back. Since all paddling requires strong wrists, you might also consider strengthening your wrists by squeezing putty or a tennis ball for a few minutes several times a week.

Energetic walking, swimming, or bike riding will add a great deal to your paddling fitness and overall strength. Kayaking requires a high level of cardiovascular fitness. Although you don't use your legs much in kayaking, they're the best muscles to exercise the heart.

Leg Workout for Paddling

Sissy Squats - Basic (balance, strength)

Muscles Used: *Quadriceps, Gluteus Maximus*

Used In: Loading, Lifting and Portage

Sets: 3 Reps: 20

Begin by standing upright with the feet shoulder width apart. Point the toes outward at a 45-degree angle.

Use a paddle, broomstick or dowel, placed in front of you, for balance.

While squeezing your abs and thighs, start the exercise by standing on your toes, and then squat down as if sitting on a chair. Inhale on the way down.

Keep your back straight and the shoulders and chest in line with the hips. Stop when your thighs are parallel to the floor.

Do not lean forward or rock your chest out over the knees.

Now, pressing with the thighs, push back up to the starting position. Exhale as you push. Do not pull yourself back up using your arms! The paddle is only for balance.



Back Workout for Paddling

Lat Pulls - Basic (strength, muscle tone)

Muscles Used: *Latissimus Dorsi, Biceps, Rear Deltoid*

Used In: All sweep strokes, High Braces, Forward Strokes, Rolls

Sets: 3 Reps: 20



This exercise works the muscles of the back that gives bodybuilders that V shape. For the kayaker, these muscles give more power to any stroke in which you will "hang" on the paddle - sweeps, rolls and high braces.

Begin with the hands slightly wider than shoulder width apart. Sit up straight with the back arched.

Take a deep breath...then, flex the lats by rotating the shoulder back, pulling the shoulder blade under, and pulling down.



Inhale as you pull and flex. Try not to pull with the arms!

It will help by using a light enough weight that you can flex only the lats. Extend the chest out to meet the bar, but stop the bar just below the chin. As you repeat the exercise, going back to the starting position, do not let the weights touch. Do this by keeping the elbows bent slightly. Inhale on the way up.

One Arm Rows

Isolation (strength and muscle tone)

Muscles Used: Teres Major & Minor, Latissimus Dorsi, Biceps, Rear Deltoid, Trapezius

Used In: Forward Strokes, Rolls

Sets: 3

Reps: 20

One-arm rows will strengthen most of the major muscle groups of the back as well the rear deltoids of the shoulders.

Using a flat bench for support, place one knee on the bench and one foot, to the side, on the floor. Brace the upper body by holding the bench using the arm on the same side as the knee.

Keeping the weighted arm straight, reach forward and stretch the upper back.

Now, pull the weight up using the muscles of the back and not the biceps. Keep the back flat throughout the exercise. Avoid rotating the shoulders and hips as you pull.

Exhale as you pull. Inhale as you release and stretch. Alternate sides and count both sides as one full set.

