



VCLLI Beginning Nordic Pole Walking

Nordic Pole Walking Technique

Posture and Setup

Adjust poles: When holding the poles, the straps should be secure on your wrists. The poles should be about wrist height when your arms are relaxed at your sides.

Use wrist straps: Ensure your hands are through the straps and you have a firm grip, but the movement should come from your arm and shoulder, not just your hand.

Stand tall: Keep your back straight, shoulders down and relaxed, and look ahead at the horizon. Your head, chest, and hips should be in alignment.

Maintain Good Posture:

look ahead, chin up and use poles that are about wrist height (68-70% of your overall height) when they are relaxed by their sides.

Swing your arms in opposition to legs, plant your poles behind the body, while pushing off with a relaxed grip to engage the upper body

Walking Technique

NATURAL Opposite arm and leg movement: Swing your arms and legs in an opposite, coordinated pattern. As your left leg steps forward, your right arm swings forward with the pole.

Plant the pole behind you: Plant the pole behind your body and push back through the ground. The pole should be roughly level with your heel when you plant it.

Roll through the foot: Push off with the ball of your foot and your big toe to propel yourself forward.

Relaxed grip: Grip the pole when pushing off, but open your hand and relax your grip as the pole swings forward. *The pole should trail behind your body and never be planted in front of you.*