1. Record Nr. UNINA9910820751803321 Autore Saltonstall Jim Titolo Race training with Jim Saltonstall / / with Jim Saltonstall Pubbl/distr/stampa London, [England]:,: Adlard Coles Nautical,, 2006 ©2006 **ISBN** 1-4729-0760-4 Descrizione fisica 1 online resource (170 p.) 797.14 Disciplina Soggetti Sailboat racing Yacht racing Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Includes index. Cover: Half-title: Title: Copyright: Contents: Foreword: Introduction: 1 Nota di contenuto Categories of Preparation: Developing a programme: 2 Self Preparation: Stretching and warm-up; Fitness training; The physiology of sailing; Planning a fitness programme: Specific sailing exercises: Stretching exercises; Common sailing injuries and their prevention; Diet and the dinghy racer; Body management; Psychology; 3 Boat Preparation; Hull: outer finish, stiffness, weight; Spars; Sails; Foils; Fittings; 4 Boat Handling; Boat balance; Boat trim; Sail trim; Tacking; Gybing; Spinnaker hoists; Spinnaker drops Mark roundings5 Boat Tuning: The mast: Sails: Boat tuning controls: 6 Race Strategy; Land masses; Sea breezes; Tide/surface current; 7 Starting; 8 Tactics; Starting area; First beat; Windward mark; Run; Leeward mark; Reaching; Gybe mark; 9 Racing Rules; 10 Protests; 11 Compass Work; Race area orientation; Tacking angle for conditions; Wind shift tracking: Transits: Wind shifts to windward: Wind bends: Course leg bearings; Positioning of the compass; 12 Race Management; 13 Race Training Programmes; Club/class race training seminar; Race training courses; Racing courses; Exercises 1-17

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