




Lesson Title: Medium Wind Condition Summary & Objectives

Medium Wind

- Begins at marginal hiking when butt is over the side
- Ends when significant vang sheeting begins

LASER UPWIND SPEED MAP						
CONDITION	LIGHT		MEDIUM		HEAVY	
OBJECTIVE	Power Seeking			Power Shedding		
SAIL SETUP	Low Drag		High Drag		Low Drag	
BODY POSITION	Drifter	Sitting	Leaning Out	Marginal Hike	Normal Hike Full Hike	

INTERNATIONAL SAILING ACADEMY 

Key Objectives

- Identify whether condition is **Power Seeking** or **Power Shedding**
 - Match** sail setup and body position accordingly
 - Always **maximize hiking** when possible and setup rig to suit
- Hike early in transition to medium wind
- Steer well
- Change gears efficiently
- Handle fast/slow relative speed well
- Hold lane