



Work and Rest Mode: Deliberate Practice

Weight and Sheet Isolation Practice

Ease sheet and add weight on impact of every wave. The objective is to balance the boat's helm on every wave so that you can feel the boat's helm increase during wave sets and decrease in the flats. You are learning how fast/slow boat speed feels in the helm.

Find Max Hike

Ease sheet and add weight in the flats, focusing on steps 5+6 from the checklist:

“Step 5: On the last wave of the set as you enter the flatter water, bear away slightly below close hauled and ease sufficient sheet to keep the boat flat

Step 6: Do your biggest hiking effort now and centerline the tiller simultaneously, rounding up to close hauled”

The objective here is to make the boat go as fast as possible into the flats

Find Rest Mode

Another way of cueing a similar result, is by reversing the process. Instead of thinking about max hiking with sheet out, consider “deserving your rest”. Try to achieve block 2 block with normal hike position and flat boat as often as possible. In order to get there, you'll need to hike hard at the right times, always searching to be fast in the flatter spots.

On Land Work-Rest Practice

Follow the checklist for Work-Rest modes and cycle through, visualizing 10 seconds of flat and 5 seconds of wave set (or 3 waves).