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## Windsurfing fitness!!

Posted by kruger - 2010/08/23 17:41

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Hi all,  
I started windsurfing a couple of months ago and sail at pugneys, I've been going weekly but after about ten mins I get almost unbearable pain in my feet which lasts for about 20 mins then goes.  
Then after about four hours my hands hurt so much I have to pack up and have a painfull half hour drive home.  
When I wake in the morning my legs and hands are so bad I can bearly walk or hold anything,  
So I guess what I'm asking, is this what everyone goes through this everytime they windsurf or will it be because its still a new sport to me?

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## Re:Windsurfing fitness!!

Posted by !aj! - 2010/08/24 17:39

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Feet - lose some weight.;

Hands - Using the harness will take the weight off your hands and reduce the abrasion. In the meantime, either use gloves or put up with it and use the pain as motivation to improve.

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## Re:Windsurfing fitness!!

Posted by PhilDawson - 2010/08/24 19:26

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I'd see a doctor on this one as I never had pain in my feet or hands unless they were warming up from a really cold winter session and that feels more like hot needles.

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## Re:Windsurfing fitness!!

Posted by greenie - 2010/08/25 07:39

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Hi Kruger.

I agree with Phil on this. Go and see the doctor about it. I learnt the hard way and spent hours get on and off the board and uphauling. I've never had any pain in my hands or feet.

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## Re:Windsurfing fitness!!

Posted by bobapcoed - 2010/08/25 10:45

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Notwithstanding the fact that it's a very physically demanding sport, especially when starting off, your problems do sound a bit excessive, although 4 hours could be considered a long session. It also depends on your physical condition to start with, ie the fitter you are the better you can handle the physical demands, obviously. It's never a bad idea to see the doctor who can run a few blood tests and determine if ther's a problem. Boards mag had a series regarding fitness training which you could look up but generally it's upper and lower body weight training, core strength and stamina. With regards to gloves, use palmless mitts, gloves could excacerbate the forearm problem. Good luck.

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## Re:Windsurfing fitness!!

Posted by bert - 2010/08/25 16:47

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unbearable pain after ten minutes?  
Hands painful when driving?  
You can barely walk or hold anything the next day?

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go to the doctor - this is not normal!

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You didn't mistake a bed of nails for a board?

seriously this sounds wierd - do you get these symptoms from anything else (clean answer please!)

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## Re:Windsurfing fitness!!

Posted by kruger - 2010/08/25 18:01

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At the moment I am putting this down to a zero fitness level and just getting into a sport that is physically demanding. When I windsurf I don't come back ashore till I am exhausted and in pain which is after around four hours, by this time I can barely get the board back to the car lolz.

The painfull hands I am thinking I should maybe try using a harness to take the weight off them.

I am planning on windsurfing at bridlington this weekend so I will see how it goes.

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## Re:Windsurfing fitness!!

Posted by Ernie - 2010/08/25 19:46

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Hey Kruger- fear not I have some good news, or at least new that will make you not feel alone.

As a pre-amble I'm assuming you are generally fit and well and don't suffer similar symptoms with other sports.

Firstly foot pain...

I once had a board, in which the curve of the deck underneath the rear footstrap just didn't agree with me. A few minutes into sailing I would get a horrible pain in my foot which eventually wore off. As soon as I changed boards - resolved!!! Not saying this will work for you, but I recognise the symptoms.

Hand pain...

Blisters have been my main hand issues after long sailing sessions, however, for years I suffered from a bicep strain which seemed to flair up after 2 consecutive sessions. This resulted in me getting shooting pains down my arm and I couldn't hold onto things with any strength for the day after. I eventually saw a specialist who recommended stretching to resolve the issue. Which it did.

Overall fitness helps of course, as will hours on the water, particularly if the issues are a result of over use after not doing anything, although you will need to give your body time to recover between sessions. Four hours is a lot for a beginner - Loads of uphauling, loads of time in the water and loads of getting back on the board.

Personally I wouldn't at this stage be too concerned by the doom mongers - I can count on one hand the number of windsurfers who warm up properly which will directly effect how your body responds to subsequent exertion. However, if the symptoms persist as your ability and general fitness improves, and as you use different boards, then maybe then seek medical advise.

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## Re:Windsurfing fitness!!

Posted by grandmasterflash - 2010/08/25 20:09

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What doesn't kill you makes you stronger! Push through the pain, it will go away the more you sail, more you train. Definitely warm up before you go out and spend a good 5 mins stretching as soon as you come in while you're still warm. This should deffo help with the acheing the next day. I used to get the foot/ankle pains when first learning, i think it was down to the big floppy dinghy sailing boots i was wearing. The way you strain your feet to grip the deck of the board because of the thick boots. I suppose this is the same as the way gloves can cause wrist tendon pain. I don't think you

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have anything to worry about. As previous posts say it's probably due to all the uphauling and getting back on the board, especially if its blowing a bit! I learned to love the battered feeling afterwards, you know you're getting fitter and more adapted to windsurfing! Good luck!

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## Re:Windsurfing fitness!!

Posted by bobapcoed - 2010/08/26 09:33

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Yes, we've all enjoyed the battered feeling, but I wouldn't do it to exhaustion before you come in. You always need a bit in reserve, especially in the sea, where it could all go horribly wrong and you need all the energy you can muster. Even in a marina/lake you want to sail in rather than swim, or horror of horrors, the walk of shame!:laugh:

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