

Marche nordique

Source : l'encyclopédie libre Wikipedia
http://fr.wikipedia.org/wiki/Marche_nordique



La **marche nordique** (en anglais: *nordic walking*), est un [sport](#) de plein air qui consiste en une [marche](#) accélérée avec des [bâtons de marche](#) spécifiques, généralement en [matériau composite](#). Ce sport, extrêmement populaire dans les [pays scandinaves](#), se pratique [été](#) comme [hiver](#). C'est un dérivé du [ski de fond](#). La marche nordique est différente de la [marche athlétique](#) en raison de l'utilisation des bâtons et par le fait que le marcheur ne peut pas être disqualifié pour jambe non tendue. Il s'agit essentiellement d'une activité de loisir.

Une séance de marche nordique dure généralement de une à deux heures de marche, précédée d'échauffements gymniques et suivie d'étirements.

Effets de la marche nordique sur l'organisme

La marche nordique est un sport d'[endurance](#) efficace pour :

- le [bien-être](#) physique (sentiment de mouvement naturel) et mental (contre le [stress](#)) ;
- le [fitness](#) en plein air (la nature comme centre de mise en forme), dans des lieux et des terrains différents, avec un aspect de découverte.

Souvent pratiquée en groupe, la marche nordique comporte aussi un aspect relationnel et social important.

Elle permet d'améliorer la respiration, le [système cardio-vasculaire](#) et l'amplitude [pulmonaire](#) et de tonifier la [chaîne musculaire](#) de l'ensemble du corps : [épaules](#), [pectoraux](#), [abdominaux](#), [bras](#), [dos](#), cuisses et jambes ; c'est un sport complet et équilibré pouvant être pratiqué à tout âge. Elle présente en outre des avantages pour :

- la prévention de l'[ostéoporose](#) et l'amélioration de la [circulation sanguine](#) ;
- le renforcement du [système immunitaire](#) ;
- la rééducation après des blessures sportives ou autres.

Elle constitue une base d'entraînement pour différents sports tels que la [randonnée](#), la [raquette à neige](#), le [ski de fond](#) (85 % des [muscles](#) sont entraînés) et elle peut être complémentaire à d'autres sports.

Du point de vue énergétique, la marche nordique permet de brûler en moyenne 400 [calories](#) par heure contre 280 calories pour la marche normale. Ainsi elle est de 40 à 50 % plus efficace que la randonnée pédestre. En revanche elle est plus douce que le footing et le [jogging](#) ; du fait d'une réduction des charges sur les articulations du [dos](#), des [genoux](#), [chevilles](#) et des [pieds](#), elle provoque moins de douleurs articulaires.

Nordic walking

From Wikipedia, the free encyclopedia
http://en.wikipedia.org/wiki/Nordic_walking

History

Nordic walking is defined as fitness walking with specially designed poles. While trekkers, backpackers and skiers had been using that basic concept decades before, the sport wasn't formally defined until the publication of "*Sauvakävely*" by Marko Kantaneva in 1997.^[1] Nordic Walking's concept was developed on the basis of off-season ski-training activity. This concept included the first description of the exercise, the instructions how to do it, the anatomical and physiological reasons to do it, and the specifications of the poles needed.

During the year of publication (1997) the first Nordic Walking poles were produced and marketed by [Exel](#).^[2] The term Nordic Walking was coined and became internationally known in 1999 (through an Exel commercial flier). Exel introduced "carbon" poles to the ski industry and has a quality reputation in the ski industry. Exel was also the first company to introduced Nordic Walking Instructor training and certification courses world-wide.

Common misconceptions

Walking poles and pole walking techniques were introduced by Exerstrider in the U.S. in 1988,^[3] but these heavy walking poles have had little in common with modern Nordic walking poles. These early poles were heavier in design and identical to Alpine poles manufactured by the Reflex Ski Pole Company with a simple loop strap or no strap at all. Nordic Walking which is based on extensive written and proven research work and Exerstriding (a similar sport also performed with poles) utilize two rather different techniques and equipment, but are commonly misinterpreted as synonymous due to faulty translations and/or interpretations.

Benefits

Compared to regular walking, Nordic walking (also called pole walking) involves applying force to the poles with each stride. Nordic walkers use more of their entire body (with greater intensity) and receive fitness building stimulation not present in normal walking for the chest, lats, triceps, biceps, shoulder, abdominals, spinal and other core muscles that may result in significant increases in heart rate at a given pace.^[4] Nordic walking can produce up to a 46% increase in energy consumption compared to walking without poles.^{[5][6]} It also has been demonstrated to increase upper body muscle endurance by 38% in just twelve weeks.^[7]

Equipment

Nordic walking poles are significantly shorter than those recommended for cross-country skiing. Using poles of incorrect length may add stress to the walker's knees, hips and/or back, diminishing the benefits of walking with poles. Nordic walking poles come in both one-piece, non-adjustable shaft versions, and telescoping two-piece twist-locking adjustable length versions. Nordic walking poles feature grips with special Nordic walking straps - a kind of fingerless glove, allowing power transmission through the strap and eliminates the need to tightly grasp the pole grips.

Unlike trekking poles, Nordic walking poles come with removable [rubber](#) tips for use on hard surfaces and hardened metal tips for trails, the beach, snow and ice. Most poles are made from lightweight [aluminum](#), [carbon fiber](#), or [composite materials](#). Special walking shoes are not required. However, there are shoes being marketed as designed for the sport, but comfortable walking, running or trail running shoes work great.^[8]

Technique

Nordic Walking in its original form only utilizes one unique, natural style, that is based on Marko's piece. The cadences of the arms, legs and body are, rhythmically speaking, quite similar as in vigorous walking. During Nordic Walking, opposite arms and legs alternate rhythmically, swinging back and forth. It is important to learn the rhythm and cadence of Nordic Walking correctly at the very beginning in order to achieve the desired training effects. The range of movement of the arms forward and back also regulates the length of the stride. Restricted arm movements will mean a restricted pelvic motion and stride length. The longer the pole thrust the longer the stride and more powerful the swing of the pelvis and upper torso.

Organizations

Organisations of Nordic Walking:

- [World Original Nordic Walking Federation](#) - ONWF^[9]
- [International Nordic Walking Association](#) - INWA^[10]
- [International Nordic Fitness Sports Association](#) - INFO^[11]