

## Herringbone

Here's video analysis of a very good junior jackrabbit 4 skier:

- Voice analysis: [L2T Tech Videos - Herringbone Side.mp4 \(coachseye.com\)](#)
- View from front: [L2T Tech Videos - Herringbone Front.mp4 \(coachseye.com\)](#)

Here's video analysis of a racing skier in the Train to Train phase (age 12-16):

- [T2T Tech Videos - herring bone side.mp4 \(coachseye.com\)](#)
- From the front: [T2T Tech Videos - herring bone front.mp4 \(coachseye.com\)](#)

Here's video analysis of a competitive racer:

- [L2C Tech Videos - Herringbone - Side.mp4 \(coachseye.com\)](#)
- From the front: [L2C Tech Videos - Herringbone - Front.mp4 \(coachseye.com\)](#)

Skills Progression:

| <b>Herringbone Technique</b>  |  |
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| <p><b>Jackrabbit #1</b><br/>           This technique should be practised on a gentle slope that is packed, but not too hard or icy.</p> <ul style="list-style-type: none"> <li>• The skier steps up a gentle slope, alternating arms and legs</li> <li>• The skier maintains the tips quite wide apart (in a "V" shape)</li> <li>• Arms swing comfortably</li> </ul>   |   |
| <p><b>Jackrabbit #2</b><br/>           This technique should be practised on a moderate uphill slope that is packed, but not too hard or icy.</p> <ul style="list-style-type: none"> <li>• The skier steps up a moderate slope, alternating arms and legs</li> <li>• Tips are kept quite wide apart (in a "V" shape)</li> <li>• The inside edge of each ski is angled into the snow to eliminate slipping</li> <li>• Arms swing comfortably</li> <li>• The pole tips are planted behind and to the side of the feet, and the hands are just below shoulder height</li> <li>• There is good weight transfer from ski to ski</li> </ul> |  |

## More Advanced Technique Analysis

Herringbone – a sub-gear (as with the Diagonal Skate technique in the skating context). When the slope of a hill becomes very steep, there may be a point where the skier cannot ascend further using Diagonal Stride as the wax will no longer grip. At this point the skier will resort to the Herringbone technique to maintain forward movement up the hill. In the Herringbone, the skier angles the skis out to the side in a “V” in order to maintain grip, but the upper body movements and weight shift are the same as for Diagonal Stride.

Many or most skiers continue to find the Herringbone to be of value when training. When training in the lower zones/intensities, skiers should attempt to use Diagonal Stride technique for hill-climbing to the extent possible. However, they will sometimes find it expedient to climb steeper sections of the course using Herringbone in order to keep their heart rate within the specified parameters for the zone in which the training is taking place.

Points to emphasize for good Herringbone technique include the following:

- The weight is transferred dynamically from ski to ski, maintaining a high tempo and good rhythm.
- The hips must remain high and forward. A forward hip position serves to facilitate forward momentum and helps make the wax work by keeping the skier’s weight over the wax pocket. However, excessive forward body lean takes the weight off the skis and leads to back-slip.

The “V” placement of the skis should be as narrow as possible. As the hill gets steeper, the “V” becomes wider.

- The skier should land on a flat ski to the extent possible, in order to permit the wax to work, but may need to edge the ski to apply pressure on the inner edge of the skis on particularly steep slopes and difficult snow conditions. In principle, it is preferable to improve traction by widening the “V” than by edging the skis.
- The poling action is rapid and close to the body. The pole is used both for push and to prevent back-slip.

