

## **Nordic Walking – materiały**

1. WF online teoria Nordic Walking zdalna lekcja

[https://www.youtube.com/watch?v=ozf2WwXqJHQ&ab\\_channel=AsiaGrabnasmart\\_WF](https://www.youtube.com/watch?v=ozf2WwXqJHQ&ab_channel=AsiaGrabnasmart_WF)

2. Technika chodzenia z kijkami nordic walking

[https://www.youtube.com/watch?v=QH3\\_OqPTaNI&ab\\_channel=TRAILTeam](https://www.youtube.com/watch?v=QH3_OqPTaNI&ab_channel=TRAILTeam)

[https://www.youtube.com/watch?v=VntRdTqHEcE&ab\\_channel=MarcinChr%C3%B3st](https://www.youtube.com/watch?v=VntRdTqHEcE&ab_channel=MarcinChr%C3%B3st)

3. Rozgrzewka

[https://www.youtube.com/watch?v=GPPqZUbQZ\\_Y&ab\\_channel=AleksanderWilanowski](https://www.youtube.com/watch?v=GPPqZUbQZ_Y&ab_channel=AleksanderWilanowski)

4. Pierwszy trening

[https://www.youtube.com/watch?v=EbtByLmTWJk&ab\\_channel=AleksanderWilanowski](https://www.youtube.com/watch?v=EbtByLmTWJk&ab_channel=AleksanderWilanowski)

[https://www.youtube.com/watch?v=zT5Yu\\_We4B0&ab\\_channel=NessiSportswear](https://www.youtube.com/watch?v=zT5Yu_We4B0&ab_channel=NessiSportswear)

5. Jak dobrać kije?

[https://www.youtube.com/watch?v=RpNDBnvcC0Y&ab\\_channel=AleksanderWilanowski](https://www.youtube.com/watch?v=RpNDBnvcC0Y&ab_channel=AleksanderWilanowski)

6. Podstawowe błędy w technice nordic walking

[https://www.youtube.com/watch?v=qo8ytYb7cGc&ab\\_channel=Chodzezkijami.pl](https://www.youtube.com/watch?v=qo8ytYb7cGc&ab_channel=Chodzezkijami.pl)

[https://www.youtube.com/watch?v=Tb66ofy1Ru4&ab\\_channel=FundacjaReakcja](https://www.youtube.com/watch?v=Tb66ofy1Ru4&ab_channel=FundacjaReakcja)

7. Rozgrzewka i ćwiczenia rozciągające

[https://www.youtube.com/watch?v=hvo9Icimg8Q&ab\\_channel=BiegamBoLubi%C4%99](https://www.youtube.com/watch?v=hvo9Icimg8Q&ab_channel=BiegamBoLubi%C4%99)