

17. Race Walking

The ability to sustain a good walking pace requires good endurance, **pace judgement and rhythm**. Athletes should look to **gradually increase the distance and time they walk over** and work on their pace judgement to ensure effective walking and rhythm. Steady walking is defined as approximately 70%-80% of maximum heart rate. Sustained Pace Walking is approximately 80%-90%+ of maximum heart rate.

Stage 1 Red Challenges

17a) **Steady walking for 1 minute.**

17b) **Sustained Pace** Walking for 30 seconds.

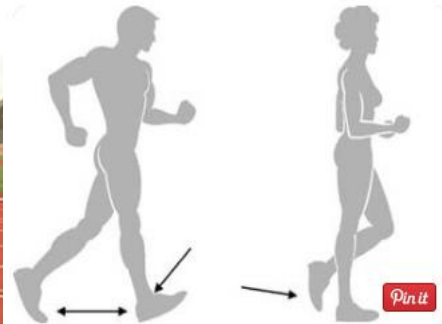
17c) **Use bent arms (90°) driven backwards and forwards to balance leg action.**

17d) **Walk gradually increasing the pace**, not breaking into running (understanding the difference between a walk and a run).

17e) **Lands controlled on the heel.**



1. ARM ACTION LINE
2. PAIRS BACK ARM CHECK – FAST & FASTER!



3. **20M - WALK THE WALK ARMS AND FEET FOLLOWING RULES**
4. **20M - INCREASE SPEED WITHOUT RUNNING**
5. **CHANGE SPEED - COME TO ACCELERATE**
6. **LANDS ON HEEL** Steady walking for 1 minute.

RULES

You must keep your **knee straight** from the time your **forward foot contacts the ground** until it passes under your body.

You must keep **one foot on the ground** at all times. This results in **hip rotation** that is the hallmark of racewalking.

Stage 2 Yellow Challenges

- 17a) Steady walking for 2 minutes.
- 17b) Sustained Pace Walking for 1 minute.
- 17c) Walk with relaxed full upright posture (with no bend at waist).
- 17d) Walk with straight leg at contact and through vertical.
- 17e) One foot to maintain contact with the ground at all times.



Steady walking for 2 minutes.

**BOXER WALK - WALK
PUNCHING KEEPING FEET
WALKING**



SQUARE



**ARMS posture walk arms square
in front move left right as walk!**

AIRPLANE WALK



**STAND ON ONE FOOT
DROP DOWN HEAL**



Heal first land



Stage 3 Green Challenges

- 17a) Steady walking for 3 minutes.
- 17b) Sustained Pace Walking for 2 minutes.
- 17c) Walk with relaxed shoulders and shoulders square to the front.
- 17d) Hands swing to the centre of the body and elbows drive backwards so hands end just above hips ('Chest to Pocket' arm action with hands).
- 17e) Look forward keeping the head level whilst race walking.

Walk the line – pocket socket drill



TIGHT ARM DRILL IN BY SIDE



LOOK FORWARD & BE TALL



Stage 4 Purple Challenges

- 17a) Steady walking for 5 minutes.
- 17b) Sustained Pace Walking for 3 minutes.
- 17c) Walk with strong push off from the rear foot.
- 17d) Change length of stride from long to short and short to long.
- 17e) Front foot planted on heel with toes up position.

Strong push off rear foot



Change length of stride from LONG TO SHORT AND SHORT TO



LONG 10m course

FINALLY

STEADY WALKING FOR 5 MINUTES.
SUSTAINED PACE WALKING FOR 3 MINUTES.

Stage 5 Blue Challenges

- 17a) Steady walking for 10 minutes.
- 17b) Sustained Pace Walking for 5 minutes.
- 17c) Race walk on a line with balance and control, remaining tall (hips high) with relaxed arm action.
- 17d) Change cadence of stride from slow to fast retaining technique
- 17e) Support leg is straight and remains extended as long as possible in the Rear Support Phase.

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Stage 6 Black Challenges

- 17a) Steady walking for 20 minutes.
- 17b) Sustained Pace Walking for 2km.
- 17c) Walk short sprints maintaining good technique.
- 17d) Walk with rhythm and relaxation (no visual tension), keeping the foot low to ground on recovery.
- 17e) Front foot lands smoothly on the heel while rear foot is in a heel up position.

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