

RACE/ FITNESS/ MARATHON WALKING

WALKERS ARE ATHLETES

Race walking has been an Olympic sport since 1908.

A few of the current race walking world records are as follows:

5K pace average of 5.83min per mile

10k pace average of 6.32 min per mile

100k pace average of 9.30 min per mile

HOW MANY RUNNERS CAN DO THAT??

There are two rules in race walking; one must maintain contact with the ground at all times and the supporting leg must be straight from point of heel to ground contact until it passes under the body.

TECHNIQUE

Race walking is about walking fast, sometimes VERY FAST. When you get good at race walking, you may be faster than many runners are (so fun) and the likelihood of injury is much lower, but it is up to you and how much you are willing to push yourself.

Posture

I know your parents told you to stand up straight and now I will; STAND UP STRAIGHT, not super ridged but straight with no lean – shoulders over your hips.

Head

While you may want to watch what your feet are doing, DON'T. Hold your head upright – ears over shoulders. Use your eyes to look at the road about 20 yards ahead of you but don't tilt your head down.

Shoulders

Shoulders should be relaxed, don't lift them. You can pivot your shoulders a little to counter your hip pivot but not too much.

Hands and Arms

Arm swing is very important, the better your arm swing is the better your leg swing is.

Bend your arm at about an 85-degree angle and hold it, don't pump your forearms.

Hold your hands in a relaxed fist, like you are carrying a raw egg.

Keep the elbows close to the body, no "chicken wing".

Overall swing should have your upper arm behind your torso.

Hips

Hip rotation is the motion of the hip rotating about the spine and is an important factor that will bring your powerful core muscles into play.

Hip drop is a natural tendency for the hip to raise on the support side and drop on the free side and is also a powerful tool that will allow you to keep your support foot on the ground as long as possible when you get better.

Legs and Feet

The position and length of your stride is very important. Most of your stride should be behind your body.

The heel should touch (lightly) the ground, at or slightly ahead of your body, no more than about 8". Planting your heel too far in front of the body makes it much more likely to have an injury and actually slows you down and uses a lot more energy.

When your heel touches the ground you should try to hold your toes up and then rock onto your toes as your feet start to lift off of the ground behind you.

Lastly, landing one foot in front of the other, like walking on a line will help with stride length, smoothness and power.

This is a lot to remember so just concentrate on a couple of elements at a time and as you are comfortable with those add a couple more until you are a pro.

Good luck

Good walking

GO TEAM!!

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