



**MAD  
Walking  
Coach**

ATFCA Level 5

# Racewalking advice Bulletin board

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Don't say, "I can't!" Say "I'll try"

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Confidence for a walker is critical. If you don't believe in yourself you will not achieve.

So how do we believe in ourself?

## SELF TALK

### **Don't say, "I can't!" Say, "I'll try"**

This may be a short sentence, but it is an important one. If you tell yourself, "I can't do it, it is not possible to do again, I am not good enough!" Then you will not be able to achieve your aims.

Instead, it is important to use **positive self-talk**.

The above statements are all *negative self-talk*, they are negative statements that an athlete will say to him/her self and will help to convince the athlete that they are not good enough to do it, even if the athlete has done it before.

### **What should I do to change this?**

Think positive. Change the negative statement into a positive one. For example:

*Negative:* I am not going to beat Justine today.

Change this to:

*Positive:* If I walk well and sit on Justine, I will have a chance to beat her.

Keep telling yourself good things, don't say I have 7 laps of the 10 lap race left, say you have 2 laps to half way, then I only have to keep going for 5 more laps.

- *Keep it positive, change the negatives to positive, write the negative thoughts down if need be.*

## GOAL SETTING

### **Set goals for each session, each race, each season and each year**

It is important to know what you want to achieve, if you don't have an aim you will not train or compete for long.

- Each session

What do you have to get out of the session you are about to do?

Are you hoping to train on the track and walk the 400m in a set time?

Or are you intending to push sections of the distance walk, such as hard between 3-5km and the last 3km?

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<http://www.racewalkingwithmark.com/>

*What every your aim, you should have decided this before you start the session or race. Your coach may tell you what you are aiming for, but as you are doing it, you should be clear of what you want from the session.*

- Each race

When you race you must decide what you want to achieve. Is the aim to get a time or place in a race? For example, to walk 5km under 28 minutes or finish in the top 4.

The goals for racing should be realistic, and there should not be too many of them.

Don't aim at: finishing before Justine, doing a time under 25 minutes, walking a PB and beating all the boys. **This has too many aims.**

*Aim for a placing or time, it does not need to be specific, it can be a range, e.g. finish in the top 5. But the aim should be based on what you can do not what someone else is going to do, e.g., I will beat Justine.*

- Each Season. Each year

There is a need to have an aim for the season and the coming year. The aims should be realistic. For this time frame, more than one aim can be considered. However, for each of these, there must be a main aim that overrides all the others.

General aims for the season could be:

1. Walk a PB for the 5km
2. Finish in the top 8 in every race.
3. Keep every 3km race under 16.30min.
4. Try to qualify for the Australian Championships.

The Major aim could be:

- Winning a medal at the Australian Championships

## Summing Up

- Keep your thoughts positive
- Change your negative thought to positive thoughts
- Set an aim for every training session and race
- Believe in your aim, if your coach tells you the aim and you don't believe it, it won't work. Talk to your coach
- Set aims for the upcoming season
- Set long-term goals for the coming year, two, three or four years.