



MAD  
Walking  
Coach

ATFCA Level 5

# Racewalking advice Bulletin board

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## How to race walk & the best style??

*Racewalking is easy but to do it well takes a lot of effort and work.*

So what do I need to do it well, and will my style be ideal?

What is an ideal style?



The photos above all have correct styles with the rule of racewalking being followed.

- The knee is straighten from when the foot lands until it is under the body.
- The front foot lands on the ground before the back foot comes off.

- We are called 'heel & toe' walkers because the best style has the walker landing on the heel and coming off from the toe as shown in the above photos.
- *To help, the hips should move forwards but the shoulder stay still.*
- And the last point, the body should be upright not leaning forwards.

*What makes the best style?*



### **The arms:**

The arms should only go across half of the body that is the hands should only go to the breastbone. The hand on the other arm should be pushed back, past the body. (As shown in the picture).

### **The Toes:**

For the best results, land on the heel with the toes raised. This helps to keep the knee straight. It may result in sore shins (the front muscle in the lower leg), but that can be cured with stretching, massage and icing.

### **Upright Body**

The body needs to be held upright; it should not bend at the hips or have a significant forward bend.

### **The shoulders**

The shoulders need to be relaxed, they don't go up and down much, instead they only move slightly forwards and back. Too much forward shoulder movement will result in the shoulder doing too much work and the arms doing very little. This will lose power.

### **Push off the Toes at the back**

As the foot leaves the ground, the toes come off last and are raised only a little distance above the ground.

### **Race hint: Walk with someone**

*It is always easier to walk with someone; it gives you a pacemaker, some company and helps to keep you going.*



### **Double support phase**

The front leg should land before the back leg comes off, if both feet are on the ground as in the 2<sup>nd</sup> picture, then you have a double support, YOU MUST BE WALKING as far as contact goes.

### **The knee**

It must be straight from when the foot lands as in the 2<sup>nd</sup> picture to when it is under the body, the 1<sup>st</sup> picture. In the first picture the knee looks like it is bending backward, THIS IS PERMITTED and is legal, it can't be bent the other way though.

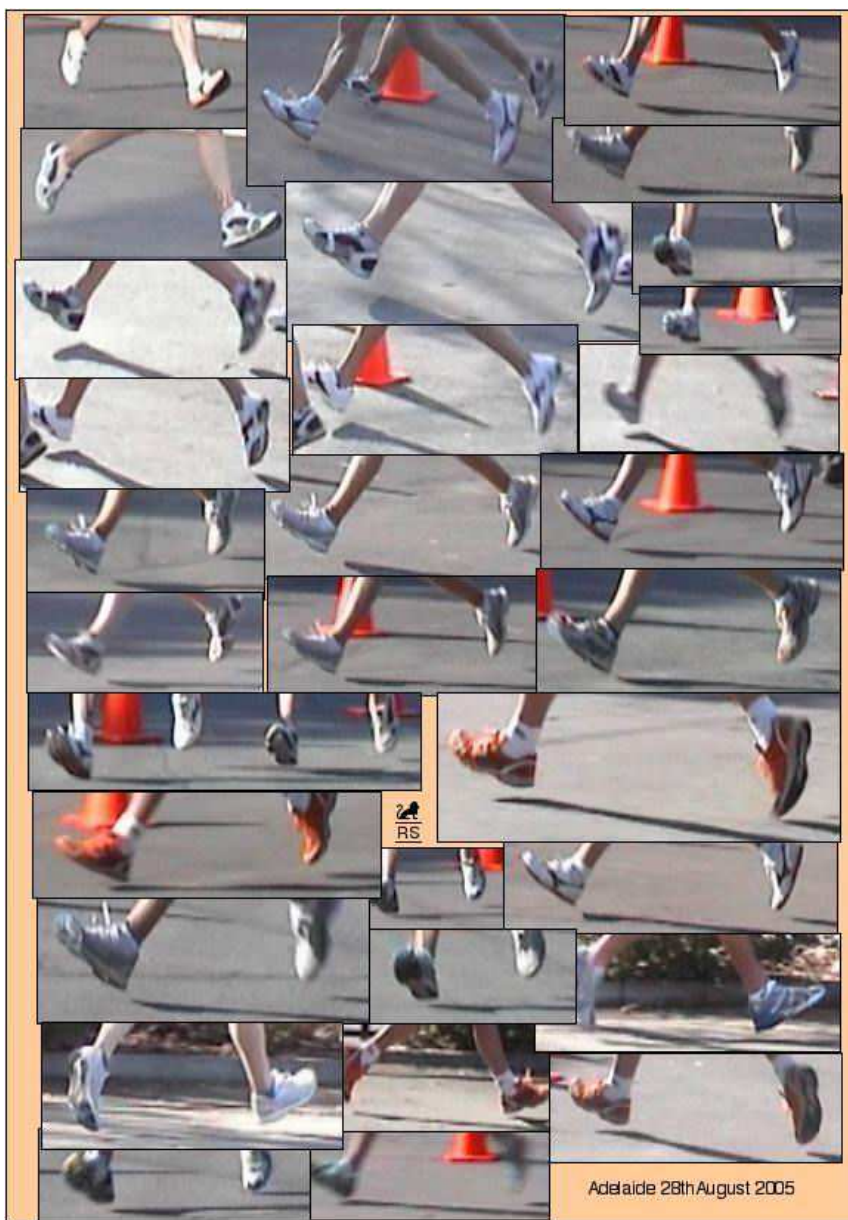
### **The hips**

The hips should rotate backwards and forwards, the opposite way to the shoulders as shown in the 2<sup>nd</sup> picture above. If the hips go outwards from left to right as a model on the cat walk, then this is BAD walking.

## Poor Knees

Knees that are not straight are often due to the body not being held upright. If you bend at the hips, then your body is not upright and there is not enough room for you to bring your leg in front of you and straighten the knee.

*Hint: holding the toes up may help straighten the knee but as the photo shows, you can have bent knees and the toes raised.*



## Poor Contact

These walkers were off the ground, i.e. both feet are off the ground together.

If this happens then slow down and try to scrap your feet, this will help keep the feet near the ground.

## A piece of Advice

- *You body is only able to go at a set speed, don't try to go too fast.*
- *Flexibility will help you walk faster.*
- *Training will build stamina; this will help you walk faster for longer.*
- *You can walk faster but it will take some time, it does not occur overnight.*