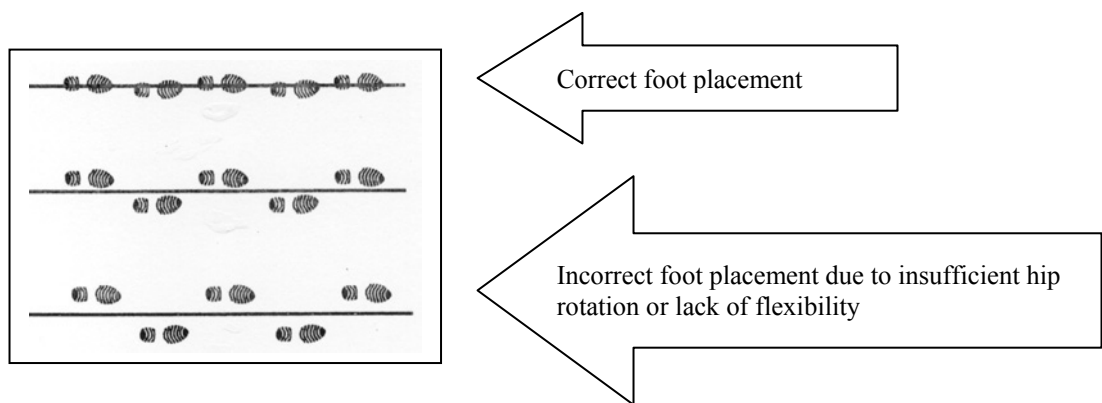




Race Walking

Walking by definition is propelling oneself forward while keeping at least one foot in contact with the ground. The art of race walking requires a great deal of practice. It requires that the athlete use quick steps while making sure that the heel of the lead foot touches the ground before the toes of the support foot leave the ground. Race walking is a race of endurance and quick leg movements.

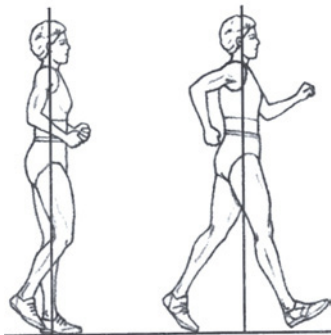
Race walking is a progression of steps taken so that unbroken contact with the ground is maintained. The lead foot, preferably the heel, must touch the track before the back foot leaves the ground. During stride, the leg must be straightened at least momentarily. The supporting leg must be straight in a vertically upright position. When a walker does not have continuous contact with the ground, he/she is not race walking and shall be disqualified.



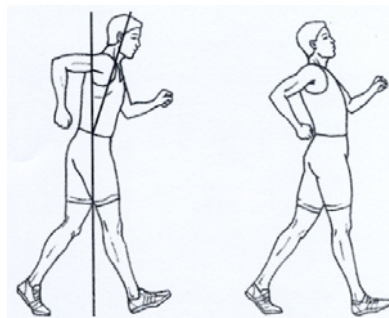
Begin Walking Motion and Acceleration

1. From a stand start, push off with rear foot and front foot simultaneously while stepping forward with rear foot.
2. Swing arms vigorously to stimulate quick foot movement.
3. Power body forward by lifting the heel and pushing off with toes.
4. Walk forward, swinging bent arms in opposition to legs.
5. The heel of the lead foot should touch the ground just before the toe of the trailing foot leaves the ground, in heel-toe movement. Feet are placed one in front of the other.
6. Hold hands so the fingers are bent, yet relaxed and loose.
7. Walk with the head up and the torso erect and centered over the hips.

Correct Form



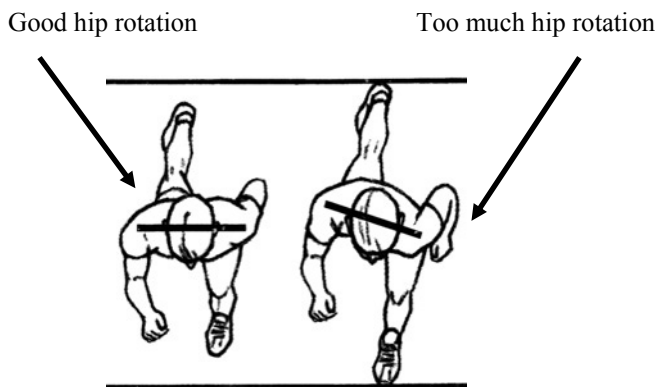
Incorrect Form





Maintaining Momentum

1. Let toe and calf muscle push body forward with feet landing in a straight line.
2. Let the hips rotate forward and in with each stride.
3. Hold arms at 90 degrees, swinging them vigorously forward and back.
4. Maintain an upright position with neck and shoulders relaxed.
5. Hips drop and roll while twisting back and forth. This allows your legs to move faster and easier and gives you a longer stride.



6. Arms are always bent at a 90-degree angle and pumping vigorously. Let them swing across your chest as they move back and forth. Forearms should be parallel to the ground, and arm swing originates from shoulders.
7. The knee bends and swings forward taking the step. This allows toes to clear ground.
8. The advancing leg must be straightened from the first moment of contact with the ground until it is in the vertical position.
9. Toes and calf muscles are used to push the body forward. Feet land in a straight line with toes pointed directly forward.
10. Keep neck and shoulders relaxed.
11. Body and head should be upright at all times.
12. Increase drive off toes by rolling over and off them.
13. Use relaxed hip movements as speed increases.
14. Race walk at highest speed possible while maintaining the correct form.
15. Complete race with a strong finish.