

# RACE WALK TEACHING PROGRESSION

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**Target Student Population:** High School and Middle School Students and older

**Objectives:**

1. Students (beginning or novice race walkers) will be able to apply proper race walking technique to their walking motion.
2. Students will be able to state the rules of race walking.
3. Students will be able to modify their walking gait to become more efficient

**Methodology:** One on one or small group instruction-- learn by doing.

## 1. WALK, DON'T RUN IN THE HALLS:

Mimic what school children do when told to not run in the hall. They start walking as fast as they can. They glide smoothly over the floor taking as many steps as possible without breaking into a run.

- A. First jog as if late to class
- B. Without slowing down, turn the jog into a fast walk.

## 2. EXPLAIN HOW RACE WALKING DIFFERS FROM RUNNING:

- A. Continuous Contact
- B. The forward leg is straightened at the knee, and not flexed until past the vertical position.

## 3. STOP ANYONE WHO WAS BENT LEGGED SO THEY CAN WORK ON STRAIGHTENING THEIR LEGS:

- A. Exaggerate the Heel and toe position.
- B. Put weight on a straightened leg and lock the knee.

## 4. ARMS AND HIPS:

- A. Swing the arms straight to the side, palms back as steps are taken forward.

(Note that the students are alternating arms and legs forward and back on the opposite sides of their bodies, not the same side.)

- B. Ask students what they feel in their hips/pelvis when they swing their arms. (Their hips move forward with each backward swing).

## 5. OPTIMIZE STRIDE, WITHOUT OVER STRIDING;

To reduce braking from landing too far in front of the body, and to avoid loss of contact from pushing too hard in the back:

- A. Teach students to not over stride in front, and to
- B. Keep the rear foot down as long as possible, rolling off the big toe as they push back, not up.

## 6. TWO INCHES TALLER...USING GRAVITY TO ASSIST FORWARD MOVEMENT:

- A. Have students stand as tall as possible - good posture.
- B. Have students stand on their tipsy toes. Ask them what they feel like doing...Falling.
- C. Stand on heel and toe. They should have the same feeling of being unbalanced.
- D. A body put in motion will stay in motion...The forward moving walker therefore "falls" forward with each step. (Give a little push from behind to start the forward movement.)

## 7. THE POWER POSITION:

- A. Have students swing their rear arm up as high as they can in the back, without swinging high in the front, as if trying to whack someone behind them in the chin.
- B. Time the high point in the rear with toe off (of the opposite foot).

## 8. ARM SWING, the "T" POSITION:

- A. Have students imagine a large "T" in front, or use tape to put "T's" on their shirts, breast high.
- B. Have students swing their arms within the "T" without crossing any part of the "T".
- C. Remind them that their race is to the front; arms are to be swung backward and forward, not to the side.

## 9. EASIER & LIGHTER = FASTER OR FURTHER:

- A. Discuss with students how they want to be efficient, to not waste motion.
- B. Being efficient means they can race walk
  - 1. Faster, or
  - 2. Further