



DEVELOP YOUR RACE WALK TECHNIQUE 30 Minute Workout

1. Find a flat surface such as the outside lane of a track.
2. Walk by yourself or with someone that will let you set the pace.
3. Begin walking down the straight-away, focusing on one element (e.g., stand tall).
4. Focus only on that one element as you walk 100 meters or 1 minute.
5. Relax around the corner.
6. Pick another element for the next 100 meters (e.g., drive elbow back).
7. Relax around the corner.
8. Repeat for 30-40 minutes or until you practice each of the skills we covered.

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