



EUROPEAN
ATHLETICS

COACHING SUMMIT SERIES

Drills

Race Walking



Outcomes

1. Uses
2. When and where
3. Examples



Drills

- Skill learning
- Skill reinforcing or developing
- (Fault correction)
- Mobility
- Development of general and functional conditioning

Skill learning - walks

- Long arm walking (Stride length)
- Bent arms (Arm action)
- Elbow strikes (Arm action)
- Rolling feet (Foot placement)
- One leg calf push (Foot action)
- Fast heel catch (Foot action)
- Boxing arms (Posture)
- Arms over head walking (Posture)
- Short stride, long stride, short stride (Cadence)
- Walking on a line (Foot placement/hip)
- Walking cross over line (Hip action)
- Pairs arms (Arm action)

Skill development– walks

Feet

Rolling feet walks – short strides – concentrate on smooth role

Rolling feet walks – short strides concentrate on heel at landing and push thro metatarsals

Fast low shin walks – concentrate on rapid heel to ground

Single calf push – both legs – concentrate on push

Arms crossed in front medium stride – concentrate on catch and posture

Arm action

Standing arms – low shoulders – concentrate on elbows back

Heel catch and cadence

Over batons 50cm and 70cm in two rows, round cones at end

Short strides to long strides

Skill development– walks

Hip action/posture

Exaggerated itb walk with rocking upper body – hip action

Standing knee forward sink hip

Standing knee forward sink hip with arms

Long arms medium stride ankling along line – hip rotation

Long arms cross over line – hip rotation

Boxing arms – posture

Arms extended carry ball - posture

Jumping twist hips – hip action

Walking in out of cone line – hip rotation feel

Broom handle across shoulders – correct too much lateral hip movement

Walks mobility

Stretching/mobility

Astride itb stretch
Knee to chest
Knee to chest lateral
Hamstring walks
Hamstring walks extending back
Superman RDL dynamic walk
Straight leg kick
Sumo squat
Hurdle walks
with internal/external swings
Leg swings bent knee, straight knee
Legs swings lateral
Leaning into partner walks
Lean back, lean forward walks

General and functional conditioning

See video file

