

**Race Walk Clinic Notes - 6/11/2011**

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**Topic: Dynamic Warm Up for Walkers**

Warming the body for the stress of Race Walking is something overlooked or misapplied by many well intentioned athletes at all levels. Some ignore all movement patterns other than some walking and/or running and others follow a random set of exercises that do not specifically address the preparatory needs of the activity. The topic of this clinic will be the sound application of warm up exercises that are designed to activate muscles in the proper neuromechanical (mind/body) patterns to assure correct utilization while Race Walking in practice and competition. It is not enough to move through the exercises. It is vitally important to do them with perfect form so that the correct muscles are being used and the right times. This is the same way to approach your Race Walking.

<b>1. <i>Deadlifts</i></b>	<b>10</b>	<b>11. <i>Deep Squats</i></b>	<b>10</b>
<b>2. <b>Knee Grab</b></b>	<b>10</b>	<b>12. <b>Toe Grab</b></b>	<b>10</b>
<b>3. <i>Froggie - Knee out to side</i></b>	<b>10</b>	<b>13. <i>Forward Lunge</i></b>	<b>10</b>
<b>4. <i>March - Rockette Kick</i></b>	<b>10</b>	<b>14. <i>Side Lunge</i></b>	<b>10</b>
<b>5. <b>Leg Swing – Backwards</b></b>	<b>10</b>	<b>15. <i>Heismans</i></b>	<b>10</b>
<b>6. <b>Leg Swing - Cross Body</b></b>	<b>10</b>	<b>16. <b>Hands &amp; Heels</b></b>	<b>10</b>
<b>7. <b>Hurdles Front</b></b>	<b>10</b>	<b>17. <i>Shuffle - Side Step</i></b>	<b>10</b>
<b>8. <b>Hurdles Back</b></b>	<b>10</b>	<b>18. <b>Skipping</b></b>	<b>20m</b>
<b>9. <b>Heel Walk</b></b>	<b>20m</b>	<b>19. <b>Grapevine</b></b>	<b>20m</b>
<b>10. <b>Toe Walk</b></b>	<b>20m</b>	<b>20. <b>Backpedal</b></b>	<b>20m</b>

This entire circuit should not take more than 15 minutes to perform **before** you start your walking workout. Performing these exercises will warm up all of the walking muscles & their counterparts so that the entire body is prepared to walk efficiently and with athletic skill. Beginners might find this warm up to be as challenging as their walking workout because it uses muscles that they have largely ignored in their training. Experienced walkers would be well served to add this to their training to avoid injuries. Those who do cross training already may choose to add weights to the exercises in *italics*. You should do this schedule everyday, even on the days that you don't walk, so that you can practice and perfect them. They will increase your balance and coordination along with your functional flexibility, core strength and muscle tone. All of these components are necessary to achieve success in fitness and competition. The best part is that no equipment is needed and you can do it almost anywhere.