

5101: Power Walking – The Forgotten Workout

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Benefits:

- low impact
- outdoors
- functional
- social

Warm up & Cues

- posture & alignment
- 3-5 minutes of lower intensity walking
- dynamic stretching (toe walks, heel walks, shin stretch, zig zags, shoulder rolls)
- ease into increased pace

Race Walking technique:

- arms bent b/w 45° & 90° (maintain shape)
- Heel strike/straight knee (until leg passes under you)
- Push off toes
- Drive elbows back
- Lead with hips

Double back

- When faster group is ahead, signal double back to have group turn around, walk past slower group and circle around the join
- Faster group stays within sight
- Faster group covers more distance but stays within group range
- Ideal to spend most of time in middle group (50%) rest of time split with faster/slower groups

Intervals

- 30-60 second sprints followed by 90-120 second rest
- Hills
- Walking backwards (alleviates shin discomfort)
- Strength intervals to create balanced workout

Stretch

- Tibialis anterior
- Hip flexors
- TFL
- Chest/Shoulders