

Week 5 - Walk this Way

To work your muscles and avoid aches and strains, follow these tips from Dave McGovern, an Olympic racewalker and coach of the US National race Walking Team.

Hold your head high so it's in a straight line with your body, not forward or bend down. Keep your chin parallel to the ground.

- ◆ Focus on pushing your elbow behind your body. To pick up speed, bend your elbows and pump your arms beside your trunk.
- ◆ Keep your body in a straight line, as if a string attached to the top of your head were being pulled taut. Ear over shoulder, over hip, over ankle.
- ◆ To gain speed and power, roll your foot to your toes, pushing off with the ball of your foot and toes and as you go.
- ◆ Land each step on your heel first, not the entire foot at once.
- ◆ The shin muscle isn't used often, so you might feel soreness there when you begin a walking workout. Shortening your stride and wearing athletic shoes with a lower heel can help alleviate discomfort.

