

Racewalk for Fitness

This Olympic Track and Field event can be used as a very effective fitness tool. Racewalking has a unique technique, more than just fast walking, it utilizes the upper thighs and lower abs in a dynamic way, each mile of Racewalking is equivalent of doing 50 crunches.

Participants will gain a good understanding of the technique and the physiology and then be able to try it out. They will also be able to have their normal walking critiqued for posture and efficiency.

Participants should wear shorts, tights or close fitting pants around the knee as to be able to see the knee action.

From beginner to advanced, Racewalking can be done at any speed.

Learn the racewalking technique for fitness or competition.

- Racewalking is easier on your joints, yet allows for as much intensity as you wish.

- Learn the rolling style that will enable more speed.

- Use it to cross train for many sports, strengthens hamstrings and upper body with low impact, even lower impact than regular walking!

- Burns more calories than running at the same speed

Maryanne Daniel (formerly Torrellas)- Six time National Champion, former American and World record holder. Many time National team member, Pan Am Games Bronze medallist. Now competing in the masters division with several master's records. National Racewalk Development Coordinator and National Racewalk Executive committee. Coach of CT Racewalking Team. Eastern regional Jr camp co- coordinator, National Jr Camp clinician. USA Sports Massage Therapist of the year 2007. BS in Biology. Mother of four boys.