

SPARTAN HARRIERS ATHLETICS CLUB



WALKING SECTION

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Dear New Walker Member

Welcome to **SPARTAN HARRIERS ATHLETICS CLUB**

We are one of the oldest clubs in the Western Cape with our first meeting having been held in 1901 so you have certainly made the right choice in joining, firstly Spartan Harriers and secondly the Walking Section.

One of the Clubs premier events is the BIG WALK which was first held on 13th August 1903 with a field of 61 competitors who set off from Greenmarket Square in rainy weather. For various reasons the event was only held again in 1923 with a 50-mile challenge which is to today the feature distance of the BIG WALK – 80km.

Another feature event of the club is the PHILIP RABINOWITZ 10KM WALKING LEAGUE which is the first event on the Annual Walking League calendar that starts in February each year.

There are several different forms of Walking, namely, Road, Fun, Vasbyt \ Endurance Walks, Charity, Track Races and the most important - League Races and you will generally find a contingent of Spartan Harriers Walkers at any of these events, viz

Road These are normal road races where walkers are welcome providing they can finish in the cut-off time, eg. Two Oceans, Cape Town Marathon, Peninsula Half & Marathon

Fun These are shorter distances and are normally held in conjunction with the road race

Vasbyt \ Endurance These races are over 2 days with teams of 6 competing and distance's range from 70km upwards

Charity The races are normally organised by charity or nature conservation organisations. The entry charges go to the charity or nature conservation, eg Blisters for Bread

Track & Field Athletes compete on a track or any other certified flat road in laps of 400m (track) or maximum 2.5km (road). Distances raced are 1,500m, 3,000m, 5,000m, 10,000m and 20,000m with the last 2 also being held on an officially sanctioned road with laps up to 2,5km.
Athletes in these events can also compete to obtain Provincial or National Colours.

League These are held in conjunction with normal road races' but where walking only is allowed. Points are earned individually and for your club with the highest point's winner in the men and ladies section being crowned the winner.
In 2013 there are 9 events on the race calendar with the best of 7 race times counting towards league points

We encourage all our walkers to attend the monthly 5km Time Trial which is held on the first Thursday of each month. This will help with assessing your progress and your times are recorded in the Time Trial log.

The Walking Section of Spartan Harriers is a very competitive section with most of our walkers participating in the League events.

As the walking bug starts to bite, you may find yourself wanting to learn more and to compete at some of the Provincial and National events. This is where the Track events feature. Currently there is a large contingent of Spartan Walkers who take part in Track and Championship events.

Here, you will need to learn to master the correct walking technique and we at Spartan Harriers are fortunate enough to have quite a few experienced coaches who can explain the intricate detail of RACE WALKING.

As you start to master this rather unique walk you may find yourself drawn to joining WESTERN PROVINCE MASTERS which is an organization for athletes (including walkers) over 35 and where Provincial and National Colours can be achieved. Walkers compete in their own 5-year age groups..

RACE WALKING is a recognized Olympic Sport and in 2012 South Africa was represented at the 2012 Olympics by Marc Mundell who competed in the 50km Race Walk event.

Similar such events are held here and you often find Marc visiting Cape Town to participate in the Grand Prix events which fall under Track. Another such event is the SA Race Walking Championships which are held in Cape Town in October. It is worthwhile coming down to support these events and to watch some of the finest South African Race Walkers in action.

RACE WALKING is a sport that can be enjoyed by anyone, of any age despite the rather funny looking walk.

So WELCOME to our fold. May your journey with us be a happy and successful one and may you make many new and like-minded friends along the way, enjoy the camaraderie and spirit that SPARTAN HARRIERS WALKING SECTION has to offer.

YOURS IN WALKING

CJ Dunn & Pam James
28/08/2013

WARM-UP, DRILLS, COOL-DOWN & STRETCHING

As with any other form of sport or athletics, it is always important to warm-up properly beforehand and to do a proper cool-down afterwards..

With this in mind, here are a few of the warm-up drills that we at Spartans use regularly.

Start all warm-ups with a gentle 10 minute long stride walk \ short stride brisk walk and follow with the drills.

You will find this is a more effective way of warming up the entire body then going for a 20 minute walk where only the legs are active.

As Race Walking uses every part of the body, every part of the body should be warmed up.

DRILLS

***TWINKLE TOES**

Baby steps are taken for approximately 20m with the hands held in different positions

Position 1 hand behind the head with fingers interlinked

Position 2 hand at shoulder height in front of you

Position 3 hand behind the back with fingers interlinked

***ROCK THE BABY**

Arms are bent at 90° to the body and swung left to right and raised just beyond shoulder height

***CATWALK**

Long strides are taken with the legs crossing over slightly – just like a model on the catwalk

***WINDMILLS - BACKWARD**

Yes you read right – windmills arms move circularly like a windmill backwards whilst walking forward

With the support of a wall \ post to lean on

***LEG SWING**

Facing your support, swing the left leg from side to side in front of you for a count of 12.

Repeat with the right leg

***HURDLES**

With one hand on your support pretend you are jumping a hurdle raise leg, bent at knee, in front and swing to side, drop and repeat but without touching ground.

Repeat with other leg both for a count of 12.

***ANKLE PUMP**

Facing your support pretend you are inflating a waterbed and pump the heel up & down for the count of 20

Repeat with other foot

***FOOT ROCK**

With one hand on your support left foot in front right behind shoulder-width apart rock backwards & forward for the count of 12

Repeat with other foot BUT this time the other foot is in front so remember which way you started!!

***KNEE ROCK**

With right hand on your support place left foot on knee and swing KNEE not HIP from side to side for count of 12

Repeat with the other leg

*** HIP ROTATION**

THIS IS GOOD FOR A GIGGLE

Facing your support rotate your hips from centre to right in a circular motion for the count of 12

Repeat with the other hip

YIP YOU LOOK FUNNY THAT'S WHY PEOPLE ARE LAUGHING AT YOU!!!!

***SINGLE ARM WINDMILL**

Like the windmill above but only one arm at a time for the count of 20

Repeat with other arm

After your walk or race always do a cool down for about 5 minutes just to get the heart beat back to a normal steady pace.

This should be followed by a bit of stretching

STRETCHING

***SHOULDER STRETCH 1**

Stand with right arm across front of chest. With left hand above right elbow pull gentle and hold for 15 – 30 seconds. Switch arms. Repeat 5 times

***SHOULDER STRETCH 2**

Stand and bend right arm backwards, elbow facing upwards gently push elbow backwards hold for 15 – 30 seconds. Switch arms. Repeat 5 times

***HALF SQUAT STRETCH**

Standing bend at knees in a "squat" position (as if you are going to sit on a chair) hold 15 – 30 seconds. Repeat 5 / 6 times

***STANDING QUAD STRETCH**

Stand and bend knee hold at ankles pull gently hold 15 – 30 seconds. Repeat 5 / 6 times

***ACHILLES \ CALF STRETCH**

Stand with feet together, with right foot take half step back behind. Bend front knee keep back leg straight until you feel the stretch. Hold 15 – 30 seconds repeat with other leg. Repeat 5 / 6 times



WHAT IS and HOW DO YOU RACE WALK

There are only 2 important rules in RACE WALKING viz.

- The advancing leg shall be straightened (not bent at the knee) from the moment of first contact with the ground until the vertical upright position
- No visible (to the human eye) loss of contact with the ground must occur.

The basic action to RACE WALKING is easy once you master it and every part of the body will get a super workout.

Foot Action

driving foot and front foot acting in a straight line with full extension and flexion of the ankle joints.

Leg Action

smooth, rhythmic strides with continuous contact and a straight supporting leg in the vertical position A strong rear leg drive is needed.

Hip Action

smooth forward movement with as little vertical and lateral movement as is necessary.

Arm Action

towards the mid-line in front of the trunk, straight back with the elbow high behind the trunk. At angled to 90 degrees at elbow.

Trunk Position

upright and relaxed except a slight forward lean as the rear leg drives the body forward.

Shoulder Action

shoulders as low as possible and relaxed.

RACE'S that are WALKER FRIENDLY

The WESTERN PROVINCE RACE WALKING COMMISSION does their utmost to ensure that there are at least 6 League Events on the WP Racing Calendar annually.

These are specific to WALKERS and where NO RUNNING is allowed. They are judged and points are earned in an individual capacity as well as for your club.

The first League Event, which is hosted by Spartan Harriers, is normally held in February. This is the Philip Rabinowitz Memorial 10km Walk.

As race dates and events change from year to year, full details of the year's events can be found on the WESTERN PROVINCE ATHLETICS WEBSITE – www.wpa.org.za

Events that are Walker Friendly are noted with a "W" or , this symbol also denotes that it is a League Event.

You can participate in any RUNNING event **provided** you can complete the distance in the cut-off time, but don't let that deter you, as once you get into the rhythm of walking you will find your speed increases and cut-off times become a thing of the past and something not to be feared.

For more information on Race Walking or walking in general we suggest you visit the following websites:-

Race Walk SA www.racewalk.co.za

Race Walk (USA) www.racewalk.com

Alternatively

Please feel free to contact us at Spartan Harriers and we will gladly and willingly assist you.



**THANK YOU FOR YOUR INTEREST IN
SPARTAN HARRIERS WALKING SECTION
WE HOPE YOU HAVE A FUN TIME
AND WISH YOU WELL WITH YOUR FUTURE WALKING ADVENTURES**

**SHOULD YOU HAVE ANY QUESTION PLEASE SEND US AN EMAIL AND WE WILL GET
BACK TO YOU**

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