



RACE WALKING REVOLUTION

Video Analysis – XXXXXXXXXXXXX

Technical Evaluation from Jeff Salvage



Here are a series of annotated stills taken from your video that highlight where you need to improve your technique.

Tim's evaluation will explain this in words and provide a series of steps for you to remedy any issues.

Use these annotations to help you understand the information Tim is providing.

As always if you have questions, please let us know.





Olympian Feedback from Tim Seaman



Overall, there is a good foundation in your technique. There are a few things that we will need to work on. Your arm angle is one of them. We should also have you work on your knees a bit. The left knee, to me, looked to be at what I would call 99%. Its straight but I would be worried in a longer race that it would have issues as it became fatigued. I would also like to see a bit more roll on your feet, but that could be because of the higher heel height on the shoes. Also, with the front video I saw that the knees were collapsing inward. Do you feel that? Overall, good foundation and great potential.

Issues???

Posture: Straight, not leaning forward or backwards. Good.

Head: Good position

Arms: This is a big one, we need to get those arms to stay close to 90 degrees please. This will help with the wrist / ankle alignment.

Knees: For the most part ok, but I would like to see you working a bit more on them.

Feet: I would like to see more rolling. Again, that could be because of the shoes.

Symmetry: OK.

Wrist / Ankle: Hand needs to be closer to line up with ankle.

Correcting Bent Knee Walking

Focus On:

- Keeping your toe up at landing
- Shortening your stride in front of your body

Perform:

- Isometric Knee Exercise
- Straight Leg Raise Exercise
- Slow Walking Heel Plant Drill
- Foot Plant Drill
- Walk on Your Heels
- Toe Raises
- Walk on Toes
- Calf Raise Exercise
- Shin Stretches
- Traditional & Bent Knee Calf Stretches
- Back of Knee Stretch
- Bend Down Hamstring Drill

- Traditional Hamstring Stretch
- Long Strides – Long Arms Drill

Correcting Bring Overly Legal

Focus On:

- Increasing turn over
- Pushing off with the rear foot
- Increasing forward hip rotation
- Training more or smarter

Perform:

- Quick Step Drills

Improving Forward Hip Rotation

Focus On:

- Posture
- Driving the Hip Forward
- Analogies

Perform:

- Vampire on a Hill
- Gunslinger
- Hands over Head Walking
- Arms Swings with Elastic Bands

Besides these drills, let's have you work on the Foot Roll Drill, the Arm swing drill, Hip Circles, leg Swings.

Best of luck!

Coach Tim Seaman

2x Olympian