

Itasca Walking Club

Land of 10,000 Steps



July Newsletter

Speed Walking is for those who are seeking a greater physical challenge and increased caloric expenditure. Speed walking is performed at a 12-minute mile pace or faster. The walker must incorporate many methods to increase stride frequency. Keep in mind, **one foot must always be in contact with the ground**, so stride length will be limited.

The Itasca Walking Club meets every Monday, Tuesday and Thursday from 8:30 - 9:30am

We will meet at the YMCA lobby unless otherwise indicated

**July 14, 15 & 17
WE WILL BE MEETING AT THE
FAIRGROUNDS
& WALKING THE MESABI TRAIL.
Brunch at Bridgeman's (aka Ember's),
following our walk on the 17th**

HILL WALKING... may be a part of your walking route, so all walkers need to know these techniques.

WHEN WALKING UPHILL, YOU SHOULD MAINTAIN GOOD FORM AND LEAN SLIGHTLY MORE FORWARD FROM THE ANKLES

DOWNHILL, YOU SHOULD NOT OVERSTRIDE OR LOCK YOUR KNEES. WALKING DOWNHILL CAUSES STRESS TO YOUR KNEES, SO YOU SHOULD SHORTEN YOUR STRIDE LENGTH AND KEEP YOUR KNEES SLIGHTLY FLEXED (BENT) AT ALL TIMES

Posture is the most important aspect of all forms of walking. Body alignment is the same for speed walking as it is for other types of walking. The differences I have listed below:

- **LEG ACTION.** Walkers should pull the legs forward more quickly to increase stride rate. Increase stride frequency not length. Abdominal muscles should pull you forward as you roll off the toes. As the moving leg swings forward, the supporting leg should remain straight.
- **HIP ACTION.** Hip rotation plays a crucial role. The hips move forward and back with a minimum of side to side motion. As the hip on the same side, as the forward leg reaches maximum forward rotation, the entire hip drops or tilts down.
- **FOOT PLACEMENT.** At these higher speeds, the placement of the foot should form a continuous straight line. The inner edge of the one foot landing in front of the inner edge of the other foot, like walking a tightrope.