Race-walking

You may have seen this sport on TV—it looks hilarious, but I don’t think it’s as easy as it seems! If you want to shake up your usual cardio, try these tips and bring a new meaning to the term ‘brisk walk’!

One benefit of race-walking is that it is lower impact than running or jogging, meaning it’s much easier on your knees. If you have instability in your joints or arthritis, then this is perfect!

Rules
At least one foot has to be touching the ground at all times. Many Olympic athletes have been disqualified because they had both feet off the ground, which makes the difference between a walking and jogging gait.

Expert race walkers can finish 1 mile in 7 minutes—faster than many people can jog!

Tips for trying it

- Hold arms close to your torso and keep them bent at 90º angle. Pumping them back and forth helps you keep pace and actually move faster.

- Take quick, short steps rather than long strides. You’ll find that the more you get into it, the more your hips will swivel in order to get full rotation of your legs.

- Take a route that is relatively flat and paved. Since your feet are in contact with the ground more often than in running.


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