



Race Strategy and Tactics

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VICTORIAN RACE WALKING CLUB

Random Thoughts

Sandy was put in charge of C flight. Most of the group were Australians, whom Sandy had a high level of respect for as airmen. He thought they were the most courageous men you could put on an airplane, but on the ground, they caused him great anguish as they were uncontrollable and sometimes a law unto themselves.

Tony Grieg - Love, War and Cricket (2013)

Youth is when you are allowed to stay up late.
Middle age is when you are forced to.

Random Thoughts

For any athlete, it's about preparation and environment. You can throw booklets and plans at them all you like but unless an athlete is willing to live, sleep, eat and train – with no distractions – then you are never going to be any good.

Irish 50km walk world champion Robert Heffernan talking in a recent article.

Preparation, Racing and Tactics

Preparation

Can start many months before, but starts 2 nights before.

Travelling? What do you need?

Night before? Dinner

Where are you competing?

How long does it take to get there?

One hour before start time?

Racing

Objective

Mind games

Race phobia



Racing

YOU TUBE VIDEO

**MILER'S CLUB 3KM @ MELBOURNE
UNIVERSITY**

https://www.youtube.com/watch?v=Rbul_fL6res