



# **Maiden 50km Walk Attempt**

**Danny Hawksworth**

**January 2017**



**VICTORIAN RACE WALKING CLUB**

# Why?

Completing the Set (Every Olympic T&F Event)

Why 2015? No marathon, disrupted start

Training? Aim? When to Start?

5 hours

Last Racewalk Prior - 27th March 2015

# Start of training

**Session one: Saturday 17<sup>th</sup> October**  
**20km with Jason Kozica @ Coulson Gardens**  
**2h16ms (6:49/km)**

**Session two: Sunday 25<sup>th</sup> October**  
**20km @ Walkers Club, 4km w/u, 2km w/d**  
**20km time: 1:55:46**

**Session three: Sunday 1<sup>st</sup> November**  
**30km walk @ Coulson Gardens**  
**3h7m23s (6:15/km)**

# Training – Part two

**Session four: Sunday 15<sup>th</sup> November**

**35km walk @ Tan/Yarra Trail**

**With Jason, Brad, Alana Barber, Simon (on bike)**

**3h55m32s (6:44/km)**

**Session five: Saturday 21<sup>st</sup> November**

**40km walk @ Coulson Gardens**

**4h7m51s (6:12/km)**

**Session six: Saturday 5<sup>th</sup> December**

**20km walk @ Fawkner Park**

**With Jason Kozica**

**Session seven: Tuesday 8<sup>th</sup> December**

**8 x 1000m @ Aberfeldie**

**5.22, 5.04, 4.58, 4.54, 4.49, 4.47. 4.42, 4.34**

# Pre-race

**Drinks/gels**

**Water, coke, gatorade (83%)**

**3km vacant, 9km vacant**

**Competition start list**

**Erickson, Reading, Rayson**

**Gomez, Dunfee, Thorne,**

**Mundell, Hawksworth**

**Pre-race talk (research done)**

# Start of race

**0-10km**

**{11.23, 11.24, 11.31, 11.23, 11.19} = 57.01.50**

**10-20km**

**{11.12, 11.14, 11.12, 11.18, 11.17} = 1.53.17**

**20-30km**

**{11.18, 11.18, 11.22, 11.21, 11.28} = 2.50.06**

# End of race

30-40km

{11.36, 12.01, 12.30, 13.09, 12.54} = 3.52.18

40-48km

{12.44, 12.39, 12.58, 14.15 } = 4.44.57

48-50km

15.03 required!      Did I make it?

<https://www.youtube.com/watch?v=HnJu60scKrQ>