AN ASTOUNDING 3 MILE

Toronto, March 3—In a stunning display of super-fast walking, a young Soviet, Anatoly Solomin, took better than 1 minute off the best-ever indoor 3 mile with an 18:44.3. Surprisingly enough, his teammate, Pyotr Foshchenchuk, was only 4 seconds back. Todd Scully also bettered the old mark but was nearly a minute behind in 19:40. Nonetheless, he shattered Dave Remansky's American record of 20:12.8, set in 1972 when he gave the Soviets a close race.

Tonight's race was part of the US-USSR-Canada meet. Scully and Neal Fyke had been expected to give the Soviets some real competition off their recent National 3 mile performances. Todd certainly tried but he just wasn't ready for the Soviet duo had in store. Going through the first mile in 6:10, with Todd still close, they just didn't slow down as one would have expected. The former best performance was 19:46.2 by Vladimir Golubnichiy in the 1975 US-USSR meet. Solomin's time is just about equivalent to the outdoor 5 Km mark of 19:26.2 set 2 years ago by Karl-Heinz Stadtmuller. Actually, if Solomin held his pace for another 188 yards he would have been a couple seconds under that mark.

Although their names aren't household words (like so many walkers are), they are by no means novices. Solomin competed against the US juniors a few years back and had a best 20 Km of 1:26:31.2 in winning a highly competitive race against many of his best countrymen last April. Foshchenchuk was third in that same race with his best of 1:26:45.

The other two competitors in tonight's race turned in normally quite satisfactory performances but were completely outclassed. Fyke stayed close early and passed the mile in 6:20, probably his best ever. He struggled from there but still finished in 21:04.6. Promising Canadian Junior, Pierre Leblanc walked a very good 21:11.6 but must have been lapped 4 times by the speeding Solomin on the 160 yard track. The only other missing detail is Foshchenchuk's exact time of 18:48.4. Oh yes, and who was judging. That, I haven't been told.

HEIRING, O'SULLIVAN WIN COLLEGIATE TITLES; BOITANO MASTERS CHAMPION

In other major races since our last issue, Jim Heiring, Vincent O'Sullivan, and Jack Boitano swept the boards, or whatever surfaces they were competing on. Heiring reset his own record with a 13:39.8 2 Mile in the N.A.I.A. meet in Kansas City. In the other collegiate title race, O'Sullivan won the NCAA mile in 7:03.8. In the NAU Masters Indoor Championships, Boitano took the 2 Mile walk in 15:41.
At Kansas City, Heiring had things pretty much his own way with UW-Parkside teammate Chris Hansen 23 seconds behind in second, Carl Schueler, from Frostburg State in Maryland, was a good third in 1:02:27. Everyone else in the race was lapped and unfortunately the officials were keeping track of who was where. Thus the official order of finish and times after this are apparently incorrect. The correct order of finish was straight out by the walkers after the race. However, their attempted protests to officialdom were met with remarks to the effect that the event could be dropped, you know. Therefore, the 11 official results:


In the ICAA meet, O'Sullivan was a clear winner. However, things were very tight behind him resulting in a controversy for this race, too. Coming around the first turn, four walkers were closely bunched in a fight for second. Steve Casarella pulled out of third group, never falling behind by much but was called out for lifting by both Larry Klenkie and Ron Daniel. Then Jerry Katz, of Bucknell, was disqualified by the referee for bumping Casarella on the finish line and knocking him off stride. On learning this, the winning judges decided that Casarella may not have been entirely responsible for his lifting and rescinded his DQ. Perhaps a first but probably a fair decision. Results of the race:

MARCH 1977


1 Mile, Portland, Ore., March 20--1. Martin Kast 6:54.7, 2. Jerry Judd 7:13.4. 3. Laurie Tucholski 7:39.6. (proving she isn't as bad as she looked in New York.)


63 x 1 Mile, Toronto, 1 p.m., (F) 1. Helmut Boeck 6:23.8. 2. Richard Herrmann, Rochester 6:46.9, 3. Raman Olszewski 6:54.5. 4. (Sorry, I had this result in last month) 30 Km, Ottawa, Ont., Feb. 6--1. Alex Oakley 2:45.58. 2. Sydney Eavis 2:47.35. 3. Max Couillard 3:00.36. 20 Km, Toronto, March 13--1. Helmut Boeck 1:42.218. 2. John Layton 1:47.16-DQ; Alex Oakley (must be having style problems these days). 1500, London, Ont., March 12--1. Helmut Boeck 6:25.8. 2. Raman Olszewski 6:47.3. 3. Grant Wach 6:49.6. 4. Roger Mezcherek 7:05.1.

5 Km, Women's 3K Championship, same place--1. Lily Whalen 6:08.1. 2. Helmut Boeck 6:23.8. 2. Richard Herrmann, Rochester 6:46.9, 3. Raman Olszewski 6:54.5. 4. (Sorry, I had this result in last month)


TRAINING FOR RACE WALKING

Eugenius Ornoch

(Translation of an article from the Belgian publication Le Marcheur Belge entitled "Pil conducteur pour la formation dans la marche athlétique". It was translated from French to Der Leichtatletik, an East German publication where it originally appeared in 1973. And apparently it originally appeared in a publication called Lehmann's Annalen, which is probably Soviet. Ornoch is Polish and if he wrote the original manuscript in that language it could have now undergone as many as four translations. So how close this is to what he originally wrote, I don't know. I have taken some liberties with the translation I had done to try and put it into readable and understandable terms, my translator knowing nothing about race walking.)

a) Annual Training Organization

Annual training for race walking is divided into three main periods:
1) the preparation period from November 15 to April 15; 2) the competition period from May 1 to October 15, and 3) the transition period from October 15 to November 15. The preparation and competition periods can be further subdivided into:

- a. beginning of winter
  
- b. end of winter
  
- c. beginning of spring
  
- d. 1st competition period
  
- e. training
  
- f. 2nd competition period

Beginning of winter period:

During this period, the body must readapt to training efforts; for this the following forms of training are used: team sports, circuit walks, swimming, torpor, etc. After this adaptation, one is more particularly interested in acquiring endurance for walking. The goal is to reach a high degree of endurance, as well as an increase in the nervous systems' ability to tolerate prolonged efforts. It is also necessary to work on the technique and movement of the walker, which must be the most economic possible.

End of winter period:

With endurance and capacity for effort, speed is worked on: the number of kilometers covered is increased.

Beginning of spring period:

The athlete tries to maintain the level of endurance previously acquired. Simultaneously, work on speed is increased by adding endurance sessions of "time training" (repetitions at a calculated distance). This speed should not be practiced during too long periods; based on tests of...
Jim Heiring, of Wisconsin-Parkside, laps two walkers on his way to his NAIA 2 Mile win in 13:39.8. He won the event for the third straight year. (Photo by Cathy Breitenbuchar)

Gerhard Weidner, West Germany, still one of the world's best at 50 at age 43 or so, leads Canada's top walker, Marcel Jobin, in a 1975 Montreal race. (Photo courtesy of Tom Knatt, who wants it back)
trol, the walker determines the speed at which "tempo training" should be done.

1st and 2nd competition periods:
One must be able to make maximum use of the physical capacities accumulated during the winter. The body should be ready to support a total effort; training should thus be reduced according to the frequency of competitions. Each official trial should be analyzed and faults corrected during training sessions.

During this period, the nervous system as well as the psyche of the athlete are put to a severe trial. Toward the end of the 2nd period of competition, the walker should be ready to compete at any classic distance (1 hour, 15 Km, 2 hours, 30 Km, etc.).

Transition period
Training should be lighter, generally two or three times per week, and is different from that up to this point: running, team sports, circuit walks, etc. One profits from this change by treating injuries of all sorts received during competition. We should recuperate mentally and physically from competition and recover the pleasure of walking.

Training plan for the beginning of winter for experienced walkers:
(This period covers 12 weeks)

<table>
<thead>
<tr>
<th>Day</th>
<th>Goal</th>
<th>Type of Exercise</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun.</td>
<td>endurance</td>
<td>&quot;fast&quot; speed play</td>
<td>forest, roads</td>
</tr>
<tr>
<td>Mon.</td>
<td>endurance</td>
<td>back-line walking</td>
<td>road</td>
</tr>
<tr>
<td>Tue.</td>
<td>power</td>
<td>muscle and flexibility building</td>
<td>gymnasium</td>
</tr>
<tr>
<td>Thu.</td>
<td>endurance</td>
<td>back-line walking</td>
<td>road</td>
</tr>
<tr>
<td>Fri.</td>
<td>endurance</td>
<td>&quot;slow&quot; speed play</td>
<td>forest</td>
</tr>
<tr>
<td>Sat.</td>
<td>power</td>
<td>muscle and flexibility building</td>
<td>gymnasium</td>
</tr>
</tbody>
</table>

(Definitions become clearer through the rest of the article, although I haven't exactly figured out "back-line walking").

Training plan for the end of winter:

<table>
<thead>
<tr>
<th>Day</th>
<th>Goal</th>
<th>Type of Exercise</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun.</td>
<td>endurance</td>
<td>back-line walking</td>
<td>road</td>
</tr>
<tr>
<td>Mon.</td>
<td>endurance</td>
<td>slow speed play</td>
<td>forest</td>
</tr>
<tr>
<td>Tue.</td>
<td>rhythm</td>
<td>long fractionated walking</td>
<td>road</td>
</tr>
<tr>
<td>Wed.</td>
<td>endurance</td>
<td>back-line walking</td>
<td>road</td>
</tr>
<tr>
<td>Thu.</td>
<td>endurance</td>
<td>fast speed play</td>
<td>forest</td>
</tr>
<tr>
<td>Fri.</td>
<td>endurance</td>
<td>average fractionated walking</td>
<td>road</td>
</tr>
<tr>
<td>Sat.</td>
<td>endurance</td>
<td>long footing</td>
<td>forest</td>
</tr>
</tbody>
</table>

Training for 1st and 2nd competition periods:

<table>
<thead>
<tr>
<th>Day</th>
<th>Goal</th>
<th>Type of exercise</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun.</td>
<td>Rhythm</td>
<td>competition or short fractionating</td>
<td>road, track</td>
</tr>
<tr>
<td>Mon.</td>
<td>endurance</td>
<td>easy walking</td>
<td>forest</td>
</tr>
<tr>
<td>Tue.</td>
<td>rhythm</td>
<td>short fractionating</td>
<td>track</td>
</tr>
<tr>
<td>Wed.</td>
<td>endurance</td>
<td>back-line walking</td>
<td>track</td>
</tr>
<tr>
<td>Thu.</td>
<td>rhythm</td>
<td>average fractionating</td>
<td>track</td>
</tr>
<tr>
<td>Fri.</td>
<td>endurance</td>
<td>easy walking</td>
<td>forest</td>
</tr>
<tr>
<td>Sat.</td>
<td>free or fast speed play</td>
<td></td>
<td>forest</td>
</tr>
</tbody>
</table>

Endurance is worked on three times per week, that is every other day. The acquisition is made progressively (it is recommended that the athlete do the same distance twice in a row); until a limit is approached, the same distance is used for following sessions: the speed is 6 to 6.5 minutes per Km.

MARCH 1977

b) Types of exercise used in race walking

endurance: back-line walking, fast speed play, slow speed play
fractionating: long—6 Km progressive; average—1.5 to 5 Km; short—400 to 1500 meters.

walking at maximum speed: distances of 100 to 200 meters.
relatively fast walking: distances of 200 to 350 meters.

power: only during the preparation period.
flexibility: all season.

Speed play (Gehandel):

Speed play is for the walker what fartlek is for the runner, that is, a very efficient form of training. The advantage of this type of work is the relative weakness of the physical constraint in comparison with the work carried out. Speed play takes place in nature; the frequent changes in the type of terrain lessen the impression of fatigue and are much less monotonous than a track. Speed play is based on the principle of indirect training; one first seeks to develop all the qualities of the athlete, such as speed, endurance, rhythm, and physical condition in general. It is thus necessary to study the exercise so that the previously mentioned qualities are developed simultaneously and are not neutralized.

Nevertheless, one should not consider speed play as a sole form of training; which would be an error. It should be a complement to other forms of training. It only fulfills its role if it is understood and done with intelligence and method. It is divided into four parts:

1st part. Muscles are developed, through a series of exercises, which are constantly in movement during a walking trial. This first part lasts approximately 30 minutes until sweat appears.

2nd part. Based on speed. The body should be very relaxed, you walk flexibly, using 3/4 power. The best thing is to walk on a gradual 1 descent, which allows a better rhythm and especially does not cause useless production of muscular effort. This exercise allows more flexible rhythm and better muscle relaxation during fast walking.

3rd part. These are rhythm exercises for repetition at moderate intervals. One begins with distances of 2 to 6 km repeated 3 to 5 times. Further along in preparation, it is interesting to increase the frequency while reducing the length of the distances. It is important to make the time of the walk compatible with the distance covered.

4th part. Speed play ends with more relaxed walking, flexibility exercises, and 200 to 300 meter sprints.

Plan for fast speed play

1st part: Warm up (30 min.). Slow walking, walking on a line, walking with the arms at first raised then letting them fall along the body toward the hips, rotating movement of the arms around the shoulder axis, jumping with arms moving from front to back, throwing stones or pine cones in the manner of throwing a javelin (both arms). Walking in place with movement of the arms, extending the calves to support the legs flexes and extensions, balancing the legs toward the front and back. Relaxation is done by hopping on one foot balancing the free leg and by some footing strides. For the end of the warm up four to six accelerations while walking 30 to 100 meters in gradual descent are advised (being careful that the muscles are totally relaxed).

2nd part: Exercises for rhythm for 20 to 30 min. Slow walking with accelerations for 150 to 250 meters. The exercise is repeated five to eight times and is done on a gradual descent to a lower easier work on the length of a step. Then work on flexibility; for example, leaning forward, the forward leg bent at a right angle flat footed, the other leg extended toward the rear, the trunk is brought several times to knee
level. The same exercise with an obtuse instead of a right angle and the weight of the body resting on the edge of the feet. These exercises last approximately 10 minutes.

3rd part: "Speed train" work (60 to 120 minutes). Walk a distance of 6 km to 400 meters; at first walk slowly with progressive acceleration the entire distance; the longest intervals are repeated three to five times; the shorter up to 30 times (Ed. I assume this is in separate workouts, i.e. you take your choice); the whole should be interrupted by slow walking. Particular attention is given to technique (work of the arm, leg, trunk). Slow walking between each part should allow return of normal respiration.

4th part: Recovery (30 min.). Relaxed walking, walking with arms at sides, three to four sprints, slow walking until return of normal respiration.

Endurance

Slow speed play

This form of training is used in winter and in part during the rest of the training period; its objective is to maintain the good state previously acquired. Endurance sessions are repeated by the endurance sessions. The slow speed play also allows a good transition between endurance and speed training. It lasts 60 to 75 minutes.

Plan for slow speed play

1st part: Warm up 10 to 20 minutes. Slow footing, light walking, flexibility exercises, walking a straight line, arm rotation around the shoulders, walking in place, working on arms and pelvis, and skipping.

2nd part: Walking 10 min. of slow walking with four to six accelerations for 80 to 100 meters (or progressive accelerations).

3rd part: Accelerations for 150 to 300 meters, four to six times.

4th part: 5 to 10 min. of walking, three to four or sprints for 10 to 20 meters, relaxation exercises and slow walking for 10 minutes.

Race walking

While walking, the body's center of gravity undergoes a vertical oscillation; it is in low position when the forward leg touches the ground and in high position when the support leg is in a vertical position. In race walking, it is vital to have economic movement and to eliminate irregular technique.

When beginning to learn this technique, all one's attention must be focused on the position of the pelvis; this position in effect is one of the most important technical elements. The work of the pelvis synchronizes the movement of the body; the forward thrust of the leg must be accompanied by a rotation of the pelvis which increases the amplitude of the stride.

Good synchronization between the upper and lower parts of the body minimizes effort and allows proper carriage of the trunk:

During walking, the arm is bent at the elbow to a 90° angle; this position should not be altered. The hands should never descend below the hips and should be relaxed (when beginning, one can carry objects such as pine cones or stones).

The trunk is used only slightly (it produces the movement of the hips). It should not be stiffened so as not to paralyze the movement of the upper part of the body; this paralysis may also be caused by contraction of the throat and head muscles. Leaning forward or an overly accentuated erecting of the trunk disturbs movement of the lower body. Pronounced leaning provokes an oscillation of the center of gravity and thus reduces the length of the stride. Leaning back hinders the movement of the legs and arms. Tension and an incline of the trunk often combine with a poor thrust of the rear leg.

Present thinking in race walk training is to not copy a model to the letter but an intelligent approach to copying style can be profitable. Another important point in the technique is the relationship between the position of the foot and the development, thrust, and tension of the leg at knee level. For the most economic movement possible, the position of the foot must follow a straight line; the walker must force himself to achieve this symmetry; the symmetrical axis of the body must pass through the middle toe. The foot is positioned on the ground by the heel. Then at the moment of thrust, the toes make a slight angle with the direction of walking.

Work is done on improving technique during each training session, as well as during endurance speed sessions. A good technique is the basis of good results. Neglecting work on technique makes all training efforts useless and hinders the subsequent development of the athlete.

During work on technique, one should keep in mind that all movements are natural. Nothing is more negative for technique than any stiffening, contracted muscles prevent good coordination of movement, rapidly provoking the onset of bad habits. Training that is too much on walking can have a bad effect on technique, particularly with young walkers who don't yet have a very efficient technique.

Method of learning race walking

One should begin with short sessions taking care that they are well conducted. One begins walking slowly two or three times for 80 meters, three times for 100 meters, concentrating on the position of the heel and the follow through of the foot, ending with 2 x 80 meters. One then learns fast walking: 1) walking line two to four times for 80 meters, arms at sides, 2) walking a line with the longest possible stride two to three times for 100 meters, concentrating on the work of the legs (arms at sides), 3) walking five to eight times 100 meters working on the arm (90° elbow angle, hand never lower than the waist), 4) walking 200 to 400 meters on a line.

After a period of this exercise, besides assimilating technique, have the walker to 200 to 400 meter distances rapidly, repeat eight to ten times; mistakes will be detected and corrected. With the technique mastered, one proceeds to actual training, three to four times per week in the form of games; the trainer specifically watching technique and physical abilities.

General comments

Before each training session, a warm up is necessary: for light endurance training 10 to 15 minutes; for a rapid session 30 to 40 min.

After a session, a calming down session of 10 to 15 minutes in the form of slow walking is desirable.
PAGE 11
MARCH 1977

Few more results since I started putting this together—that was a week ago. A little slow this time around. 5 K, Columbus, No —

FROM HEAL TO TOP

Notes from our National Chairman in his AA You Race Walking Newsletter: Dean is planning to reduce the number of races on the National Championship schedule, a move that should stir some response. This is something that has been urged from some quarters for a long time and loudly decried by others. Personally, I would support Dean's plan. His proposal is to delete all the Class "B" races as they are now obsolete in that the Junior and Masters Divisions have replaced them. He also sees the 75 Km and 1 Hour races being dropped and possibly the 15, 25, 30, 35 and 40 Km distances in the Senior and Masters Divisions. This would leave the 5, 10, 20, 50, and 100 Km. The Junior program would consist of 5, 10, and 20 kilometer events. The reduction in the number of races would allow only serious bids for championships to be accepted and it would put a stop having to police all the associations every year to get bids in, send entry blanks, etc. Dates for the 1977 AAU Convention, right here in Columbus, on October 9-11. The race walk committee will meet on either Sunday the 9th or Monday the 10th, which is Columbus Day. We will have a race for all those coming in to attend and there is plenty of room for you and your sleeping bag at the hotel. The races are now on the agenda, and the hotel will be made at a high cost of races at convention time. Conventions for the following three years will be in San Antonio, Las Vegas, and Miami Beach....it is reported in Athletics Weekly that a 50 Km course has already been laid out in Moscow, although the final decision on reintroducing the event has not yet been reached. Apparently the Soviets are confident of a positive decision....Well, one final note on that messed up Junior 3 Km of last summer. As noted last month, the decision was made to recognize the winner's of both "championship" races and presumably both now have their gold medals. But what of

PAGE 15
MARCH 1977

Roger Young, who journeyed down from Maine for the first and unannounced race and finished second. Does he have his silver medal? No. And why not? An oversight, I am sure and one that I bet will be corrected knowing the fairness of which Dean Ingram acts, Roger, incidentally, made the trip at some personal hardship. Only 15, he has been training a nd pointing for the race when his father suffered a very serious heart attack, regaining consciousness only a few days before the race. It was only at his father's insistence that he went at all. What with his first airplane flight, worry about his father, and little sleep for several days he was considerably more than his training times...Splits on the first mile of Todd Scully's 2 Mile in the Nationals were 1:28, 3:01, 4:37, 6:16. He was 9:37 at 12. So successive half miles were 3:01, 3:15, 3:25, and 3:25.5. Maybe if he paced himself a little better he could turn in a decent time.

LOOKING BACK (From the March 1972 ORW)—Bob Kitson bettered the American 50 K record with a 3:33:35.8 in San Francisco. He also got records at 40 Km (3:20:00), 25 miles (3:21:16), and 30 miles (4:06:36). Goetz Klopfer, holder of the old records at 40 Km and 25 miles, was holding the watch. The 50 Km time broke Dave Romansky's record by 1:43. Bill Ranney did a good 1:35:34 for 20 Km at the same time...Larry Young walked off with the National 35 in Hollywood with a 2:52:41. He was on his own after 5 Km and moved through 20 in 1:36:10. Bob Rowan missed the magic 3 hour mark by 2 seconds in second and Bill Ranney was another 1:20 back in third. Upcoming Todd Scully was a close fourth...In the dual meet with the USSR, held in Richmond, Dave Romansky gave it a great try but still came third. It was Nikolai Semyaev 7:00:08, Vladimir Golubnichiy 7:01:12, and Yury Smagin 7:01:47. The 50 Km was 9:37 at 12. So successive half miles were 3:01, 3:15, 3:25, and 3:25.5. Maybe if he paced himself a little better he could turn in a decent time.

Well, lots of good things piled up here but not room for any of them, unless I add four more pages, and not time for that. So they will have to wait for future issues. See you next month. (Why do I say something like that in print? I might not see any of you next month. Certainly not many of you.)