



Planning Your Year

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VICTORIAN RACE WALKING CLUB



Summer 2014/2015

Sat 17 Jan	AV Shield - Round 10 (Zone v Zone)
Sun 18 Jan	AV 5km Teams Walks, Middle Park
23 - 25 Jan	Vic Country T&F Champs, Bendigo Entries close Sunday 11 January
Sat 31 Jan	Shield Final, Lakeside Stadium
Sun 1 Feb	VRWC Road Races, Middle Park
Sat 7 Feb	AV Knockout - Round 2
Sat 7 Feb	Canberra Track Classic (5000m Walks) Entries close Friday 9 January
Sun 8 Feb	VRWC Track Races (including 10,000m)
13-15 Feb	Vic Junior T&F Champs, Lakeside Stadium
Sat 21 Feb	AV Zone Final, Lakeside Stadium
Sun 22 Feb	Aust Summer 20km Champs, Adelaide Entries close on Fri 30 January.
27 Feb – 1 Mar	Vic Open T&F Champs, Lakeside Stadium
Sat 7 Mar	AV Knockout Final, Lakeside Stadium
11 - 15 Mar	Australian Junior T&F Champs, Sydney
26 - 29 Mar	Australian Open T&F Champs, Brisbane

Winter 2015

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- Sat 25 Apr** **VRWC winter season starts**
 - Sun 8 June** **LBG Carnival, Canberra**
 - July 3-14** **28th Summer Universiade, Gwanju, Sth Korea**
 - July 15-19** **9th World Youth T&F Champs, Cali, Colombia**
 - Aug 22-30** **15th IAAF World Championships, Beijing**
 - Sun 23 Aug** **Aust Winter Roadwalk Champs, Melbourne**
 - Oct** **Hong Kong International 10km**

2015 Australian Race Walking Series

Open and U23

7 Feb	ACT Track Classic, Canberra (5000m)
Sun 22 Feb	Aust 20km Summer Champs meet, Adelaide
26-29 Mar	AA Open T&F Champs
Sun 8 June	LBG Carnival, Canberra
23 Aug	AA Winter Road Titles
Dec	AA 50km Meet, Fawkner Park

U20 and U18

12-17 Mar	Aust Junior T&F Champs, Sydney
Sun 8 June	LBG Carnival, Canberra
July	RWA Postal Challenge, All States
23 Aug	AA Winter Road Titles
Dec	AA All-Schools T&F Champs

2015 IAAF Challenge Series

- Feb 22** Oceania Race Walk Champs Adelaide
- May 7** Chihuahua, Mexico
- Mar 15** Asian 20km Race Walk Champs Nomi, Japan
- Mar 21** Dudinska Paldesjatka, Dudince, Slovakia
- Apr 11-12** African Walk Champs Maurice, Mauritius
- Apr 18** Rio Maior, Portugal
- May 1** Taicang, China
- May 9-10** Pan-Am Race Walking Cup Arica, Chile
- Jun 6** La Coruña, Spain
- Aug 22-30** 15th IAAF World Champs Beijing, China

Other Big Meets

- Sun 15 Mar** Memorial Mario Albisetti, Lugano, Switz
- 17-18 May** European Cup Race Walking, Murcia, Spain

Australian Qualifying Standards

2014 World Cup, Taicang, China

U20 Men 10km	46:30	3
U10 Women 10km	50:00	3
Open Men 20km	1:28:00	5
Open WOMen 20km	1:36:00	5
Open 50km	No Standard Set	5

2014 World Junior Champs, Eugene, USA

U20 Men 10,000m	43:44.00	2
U20 Women 10,000m	49:40.51	2

Australian Qualifying Standards

2015 World Youth Champs

U18 Women 5000m	23:22.60		2
U18 Men 10,000m	44:16.00		2

2015 IAAF World Champs

20km Men	1:21:00	1:25:00	3
20km Women	1:30:00	1:36:00	3
50km Men	3:51:00	4:06:00	3

2015 World Uni Games

20km Men	1:25:54		5
20km Women	1:38:53		5

Australian Selection Documents

You must read and be familiar with the various selection documents published by Athletics Australia

<http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information>

Increasing World Standards

World Junior Selection Criteria

2004	44:05	50:55
2006	44:05	50:55
2008	44:05	49:25
2010	44:05	49:25
2012	44:05	49:25
2014	43:44	49:30
2016	?	

Looking Further Ahead

2016

Feb 2016	Aust vs NZ - U23 & U20 Match, venue TBA
May 2016	27th IAAF World Cup, Cheboksary, Russia
Jul 19-24, 16	16th WJ T&F Champs, Kazan, Russia
Aug 2016	31st Olympic Games, Rio de Janeiro

2017

July 2017	29th Summer Universiade, Taipei, Taiwan
July 2017	10th WY T&F Champs, Nairobi, Kenya
Aug 5-13, 17	16th IAAF World Champs, London, UK

2018

Feb 2018	Aust vs NZ - U23 & U20 Match, venue TBA
May 2018	28th IAAF World Cup, Cheboksary, Russia
July 2018	16th World Junior T&F Champs

Planning Your Year

Sit down with your coach and decide on your major/minor competition goals

Target your key races

Periodise your year into its phases

- **Preparation Phase 1**
- **Transition Phase 1**
- **Competition Phase 1**

- **Preparation Phase 2**
- **Transition Phase 2**
- **Competition Phase 2**

Vary your training load and intensity accordingly