



Race Strategy and Tactics

Danny Hawksworth

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VICTORIAN RACE WALKING CLUB



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? Breakfast?

Where are you competing?

How long does it take to get there?

One hour before start time! Sign in?

Racing

Objective

- **PB**
- **Season best**
- **Placing**

Mind games

- **Glenn McGrath**
- **1st nationals**

Race phobia

- **Unrealistic**
- **Perceived pressure**

Racing

Post racing (interviews)

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

YOU TUBE VIDEO

MILER'S CLUB 3KM @ LAKESIDE

https://www.youtube.com/watch?v=Yfxvfv_0fV4