

Should Runners Walk?

Many die hard runners have a real hang up about walking when they are out running and would rather shuffle in an ungainly manner than switch to a power walk. This is a belief that is being challenged and has shown some promising results over longer distances such as half marathon and above. To be successful this method must be practiced during training.

On flat terrain a run/walk ratio must be worked out for each individual; the key is to finding the ratio that keeps your HR at a comfortable level (below your Aerobic Threshold). Some examples that have been successfully used are 10min run: 1min walk, 5min run: 1min walk, 5min run: 30s walk.

The run/walk must start from the **beginning** of your training session. Don't wait until you are so exhausted that you have to walk! The theory is that the short recovery period during the power walk enables you to run faster during the run and to keep going for longer over all.

On hilly terrain let the steepness of the hill dictate when you walk (this will be different for everyone).

Benefits of Run/Walk

Keeps your HR in the aerobic zone – this is very important when building your base and for covering endurance distances.

A more consistent pace throughout the run rather than getting slower and slower

Feel fresher at the end of a long training session and the ability to finish strongly, this is a major psychological boost during a race.

On undulating terrain your legs will be fresher for running the less steep sections faster.

Walking time is an opportunity to take on fluids and nutrition

Quicker recovery so you are ready for your next training session

Try it Out Yourself?

If you have a circuit that you regularly run in 1.5hrs or more try it using the run/walk strategy and see how your time compares & how you feel to when you run it continuously.

Feedback

Let me know your findings as I am keen to know how you get on.

