



# Walk for Success

## Racewalk, Speed Walk & Relay Training

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Do you want to be a fitter, faster, more fluid walker? Do you enjoy the camaraderie of training with others? Would you like to improve your relay times?

Beginning December 9<sup>th</sup>, [Judy Heller](#) is offering monthly coaching / training sessions. This is an exceptional opportunity to work with a nationally known, experienced walking coach.

### What is included?

This monthly coaching and training is designed for those who have competed in walks as a competitive walker, racewalker, or Willamette Valley or Portland to Coast relay participant.

**Meet once a month to cover specific areas (including but not limited to: technique, drills, mobility, flexibility, heart rate training, training principles, speed, legal racewalk competition) building your skills to compete in the summer events.**

Hands-on, personalized attention gives you the opportunity to create the change you want in your walking performance. You can cross the finish line healthy and vibrant!

Register: [http://www.erofit.com/pdf/reg\\_form.pdf](http://www.erofit.com/pdf/reg_form.pdf)

### What are the benefits of Coaching for Walkers?

- Increase your walking speed and distance
- Increase your ability to climb hills
- Maintain form and sprinting ability at the end of a race
- For race walkers, learn to maintain legal racewalk form throughout the event
- Decrease your risk of first-time walking injuries
- Decrease your risk of re-injury

### Sunday Dates, Location, and Time (all sessions are 60 - 90 minutes):

December 9	7:30 am	Duniway track
January 13	7:30 am	Duniway track
February 10	7:30 am	Duniway track
March 9	7:30 am	Duniway track
April 13	7:00 am	Duniway track
May 11	7:00 am	Duniway track
June 8	7:00 am	Duniway track
July 6	7:00 am	Duniway track
August 10	7:00 am	Duniway track

Fees for group monthly training:	2 – 3 people	\$30 / person
	4 – 6	\$25 / person
	7+	\$20 / person

You may select one of the following options in addition to the training to personalize your training even more:

#### Option 1: \$ 50.00

- Weekly 15 min. individualized email follow up = 1 hour per month
- Includes telephone as needed for clarification limited to 15 min / month;
- Weekly assessment form with individualized review each week.

#### Option 2: \$75.00

- Personal one-on-one 60 minute coaching session

#### Option 3: \$130.00

- Total Body Assessment at Clearwater Clinic
- Includes chiropractic assessment with Dr. Baisinger;
- Metabolic testing with consultation

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