

# What is Power Walking and what is the best form?



**Training Program**  
*In-Person or Self-Guided*

Power walking is a form of aerobic exercise that involves walking at a brisk pace, typically between 3.5 to 5 miles per hour. This is my favorite form of aerobic training. It is an aggressive form of walking but it is considered a low-impact exercise, making it suitable for individuals of all ages and fitness levels. walking is planned, brisk, mindful, purposeful walking at speeds much above your normal walking pace. Learning to fitness walk will make you healthier, more functional, have less pain, and if you are looking to run, a better runner. There is **no perfect form, everyone looks different**, but certain key features do exist. Understanding them early will avoid picking up bad habits that can cause injury, frustration, and inefficiency. **Runners should use fitness walking between intervals when you run.**

- There are numerous benefits of power walking, both physical and mental. Here are some of the key benefits, supported by research studies:
- Improves cardiovascular health: Power walking is a great way to improve heart health by increasing heart rate, circulation, and oxygen supply to the muscles. A study published in the Journal of Science and Medicine in Sport found that power walking can improve cardiovascular health and reduce the risk of heart disease.
- Helps with weight loss: Power walking is an effective way to burn calories and can help with weight loss. According to a study published in the American Journal of Clinical Nutrition, regular brisk walking can lead to significant reductions in body weight, body fat, and waist circumference.
- Reduces stress and anxiety: Power walking can also help reduce stress and anxiety. A study published in the Journal of Psychiatric Research found that brisk walking can improve mood and reduce anxiety levels.
- Boosts cognitive function: Power walking can also improve cognitive function, including memory and attention. A study published in the Journal of Alzheimer's Disease found that regular physical activity, including brisk walking, can help reduce the risk of cognitive decline and dementia.

## **Fitness Walking Form Basics**

- **It is extremely important that lead leg contacts ground with slightly Bent Knee**
- **Visualize that you are gliding.**
- **Lead leg should be out in front contacting with heel**
- **Move Horizontal NOT Vertical (up and down)**
- **Slight Forward Lean of Upper Torso Allows Greater Hip Extension**
- **Strong Push Off all the way down from hips to toes!**  
**Triple Extension**  
**Glutes and Hamstring=Hip Extension**  
**Quadriceps=Knee Extension**  
**Calf=Plantar flexion**
- **Use your glutes**
- **Knee Lift just high enough to get foot in front unless sprinting**
- **Long and Strong Arm Movements from Shoulders with Elbows Straight - think that you are Cross Country Skiing and using your arms**
- **Keep shoulder blades retracted and Head Up Looking Ahead**
- **Breathe through nose and out mouth if you can**

# Fitness Walking Form and Foot Strike

Impact Toward the Heel

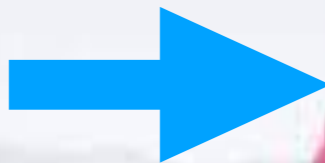
Make Sure the Lead Leg Knee is Bent SLIGHTLY



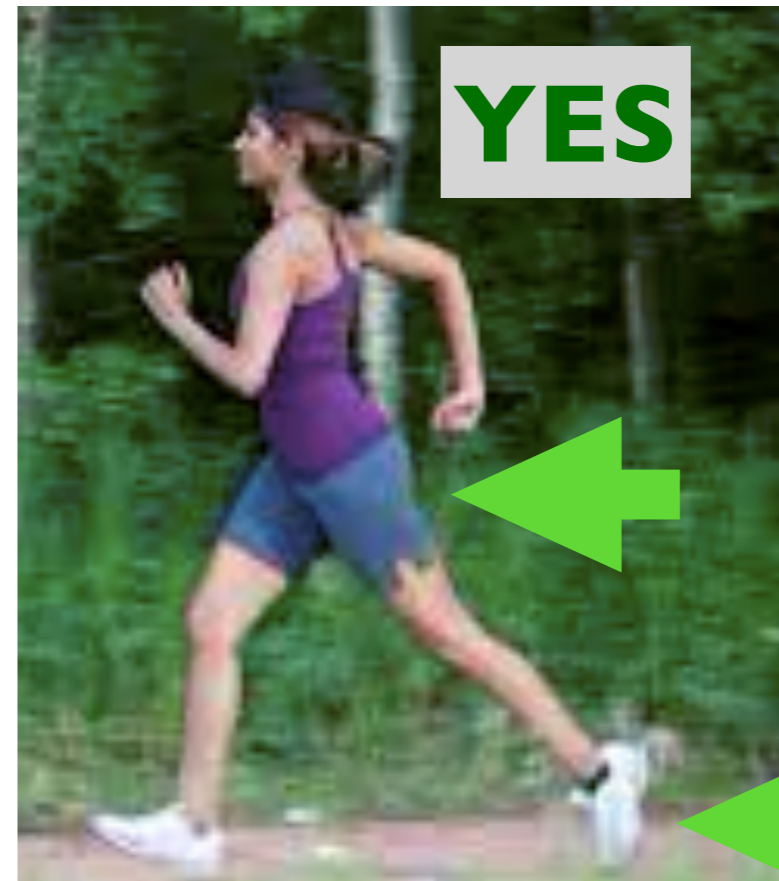
Knee is Straight

**NO**

Greater Impact Force



**NO FORWARD LEAN OF TORSO  
LESS TOE OFF**



**YES**

Knee is Slightly Bent

Less Impact Forces

More Elastic Energy



**SLIGHT FORWARD LEAN OF TORSO  
ALLOWS GREATER HIP EXTENSION  
AND TOE OFF**

**POWERFUL ARM MOVEMENTS**