



# Fast Walking

*Ron Laird*

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## **Fast Walking** Ron Laird

100 photos/drawings 7 x 9 Illustrated guide to technique, exercise, and training Race-walking competition and judging Ron Laird, one of the most decorated race walkers in history, provides a guide to mastering this highly efficient, low-impact exercise. A strong race walker can outpace an average runner, and do so with much less stress on the legs and knees. Clear text and easy-to-read, step-by-step illustrations and photos show every nuance of the hip, leg, arm, foot, and torso movements that must be coordinated to achieve correct form. Ron Laird is a four-time Olympic race walker who has won 65 U.S. championship races. He was the first race walker inducted into the U.S. Track & Field Hall of Fame.

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