

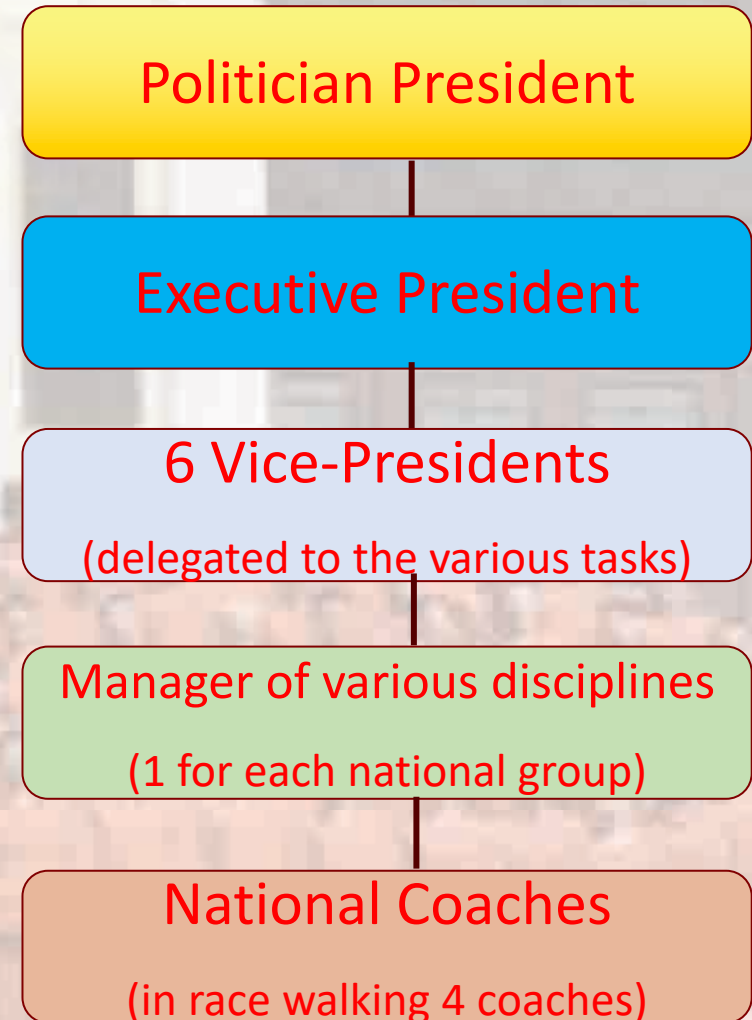
RACE WALK IN CHINA



- **FEDERAL STRUCTURE**
- **PROVINCES**
- **RECRUITMENT AND CAREER**
- **FEDERAL CENTERS OF RACE WALK**
- **NATIONAL TEAMS**
- **COACHES**
- **TRAINING**

STRUCTURE AND FEDERAL ORGANIZATION

In China it all depends on the Central Government.
Both the president of the Olympic Committee and the various Federations are Politicians.
They do this by making decisions only non-technical policies.
The executive president is the one who dictates the Federal line.
The 6 Vice-Presidents are delegated to the various sectors: (administration; education; clothing; technical; international relations; etc ...)
Each national team of the various disciplines has a Manager who is responsible for the organization and the results of the various national groups.
Each national group has a technical manager.
In race walking at the moment there are 4 groups.



CHINESE PROVINCES

There are 33 Chinese provinces. From a sporting point of view, they have the same structure and organization as the national federations.

Politically and technically, they have much greater importance than sometimes the central federation.

The Provinces that carry out race walk activity in an organized and important way are about fifteen.

Provinces are allowed to register athletes from other provinces where there is no valid structure to continue the activity in the best way. These athletes compete for the Province that registered them except for the NATIONAL GAMES where they participate for the Provinces in which they were born.

It is very important for an athlete to be able to join the provincial team because they begin to be supported financially and followed in all respects.

The most important event for each province is the CHINESE NATIONAL GAMES that take place every 4 years.

They started in 1959 and have reached the 13th edition. All sports disciplines are present.

The importance is given by the fact that they receive significant funding from the Central Government based on the number of medals and placings.

In race walking the events are 20km. and 50km. (both male and female) and a team race on 20km.

In the team event, the score repeats the World Athletics Race Walk Team Championship scheme.

For athletes, after the Olympic Games, it is the most important event because they have significant prizes.

The medalists also have the certainty, once their career is over, of joining the provincial organization.

RECRUITMENT AND CAREER DEVELOPMENT

Primary school ranges from 6 to 12 years old. There are at least 30min of multidisciplinary physical exercises every day. The lessons are conducted by a professor who studied at the sports school.

Secondary school ranges from 12 to 15 years old. Here too there are 30/60min of physical exercises every day, always held by a graduate professor. In this period, the professor directs the boys to the various specialties. It is in this period that the boys in China begin race walking. The first instructor is their Professor. Every year there are several competitions at school level both at provincial and national level.

At the end of the middle school, the boys who distinguished themselves most in race walking are sent to the sports high school in the regional sports centers. Here the real sport begins. The center's coach is graduated from the Sports School in race walking specialty and is a former walker. Athletes follow up to U18 category.

After U18 the best athletes are included in the national youth team. There are 3/4 national youth centers. In each center there are 2/3 graduate coaches who follow the boys. The boys stay in these centers for 11 months. They have a scholarship from the central federation.

The guys who have achieved good international results are then placed in the major national teams.

Federal Race Walking Centers

There are 6 Federal Race Walking Centers in China.

3 are in large cities; 1 in altitude of 800 meters; 2 in higher altitude.

The 3 sea level centers are in Beijing - Nanjing - Qinhuangdao. They are very large facilities equipped with every facility (athletic track - indoor track - 3/4 gyms - physiotherapy and medical rooms - saunas etc ...). In all 3 centers, the courses for walking are inside. Unfortunately they are not very beautiful. In Qinhuangdao the route is 1 km long around the track. In Beijing it is km. 2.5. In Nanjing it is km. 5 but it is very hilly.

In the other 3 centers there are fewer structures but the routes are good. In Changbaishan (Jilin) at 800 meters. There is the Hotel for athletes and a small gym for weights. The route is km. 5.

In Kunming (Yunnan) at an altitude of 1,900 meters. There is a course of km. 10. There is the track both outdoors and indoors; 2 gyms and apartments for athletes.

In Lijiang (Yunnan) at an altitude of 2,400 meters the road is 15 km long, on the cycle path. The center has a hotel and 2 gyms.

The athletes who are part of the national teams live in these centers, moving according to the period, for almost the whole year. They are allowed to go home for a maximum of 30 days.

The training of my group takes place partly in China and partly in Italy. The first month of preparation is usually done at high altitude in Lijiang. The other two periods are held in the federal centers of Beijing or Nanjing, before the most important races (in March for the selections for the world events of the year and in May for the World Challenge race).

COACHES

As J. Velasco said "Training is an art. There is scientific content, but it is an art "
I believe that Coaches should be aware of this.

Training in China is a profession. Currently the professional coaches are more or less a hundred and work with approximately 1,000 athletes who train full-time in provincial or national teams.

As I said in the slide on recruiting, the education of Chinese technicians is formed at the Sports School. The duration of the course is 3 years. In order to enter the school, it is compulsory to have walked. Every year there is a closed number (at most they enter 5/6). The results obtained by the athlete have a certain weight for access to school.

After 3 years they go to work full time for the provinces (of origin or where they are required). Those who have performed well can go on to coach one of the national teams.

They have a monthly salary (good, for Chinese parameters) paid in part by the provincial federations and in part by the School of Sport (government). The national coaches (definitely better paid) are salaried by both the Central Federation and the Sports School.

They train in provincial and national federal centers and how athletes live for 11 months in these centers

The heads of the national groups (currently there are 4) normally have 2/3 assistants who have the same salary treatment as the provincial coaches.

Each coach has annual bonus for the results achieved and the marks achieved by their athletes.

The first coach who introduced the athlete to race walk receives a percentage of the prize that the athlete receives at the end of the season, for the results achieved in international events.

THE 2020 GROUP

4 Women

Liu Hong

Qieyang Shenjie

Lu Xiuzhi

Ma Zhenxia

4 Men

Cai Zelin.

Zhang Jun

Wang Qin

Wang Rui

(20 km.)

(20 km.)

(50 km.)

(50 km.)

2 Coaches * 3 Physiotherapists * 1 Manager

Training periods season 2020

1st Period = 1st November to 8th December Beijing (38 days)

Preparation began on October 31st (for some around mid-November). Compared to previous years, I did not want to start the preparation in altitude in Lijiang, because I estimated that the date of the Huangshang selection scheduled for March 2-3, was too close to get well prepared for this selection competition for the Olympiad. During this month of training at the Olympic center in Beijing, targeted training on strength and general mobility took place (thanks also to the help of the Italian trainer Angelo Pavia).

The morning session was dedicated to aerobic conditioning and technical exercises.

2nd Period = 9 December - 1 January Saluzzo (24 days)

After a week of acclimatization to the time zone, work began immediately on the part of the training that particularly affected the Aerobic Resistance and the Special Resistance

Training periods season 2020

3rd Period = January 2nd to January 26th - San Lorenzo al Mare (25 days)

For 10 years now we have been carrying out this part of the winter by the sea level on the cycle course that goes from San Lorenzo al Mare to Ospedaletti (km. 22).

The work mainly had these purposes:

- Increased weekly work volume: 160/180 km. for 20km walkers
200/240 km. for 50km walkers)
- Increase in Special Resistance and Specific Resistance jobs
- 2 or 3 evaluation tests

4th Period = 27 January - 16 February Saluzzo (21 days)

Period of finishing the works before starting the tapering.

The workouts were aimed at:

- Increased Specific Endurance close to the race pace.
- Last evaluation test

Due to the COVID-19 problem the race has been canceled. The boys remained in Saluzzo until March 13th. Then they were able to return to China. The journey lasted 56 hours (Milan - Addis Ababa - Beijing). From Beijing they went to the Federal Center of Qinhuangdao where they made 28days of quarantine in the room. In each room there had a treadmill and various tools.

TRAININGS

Volume of work as of February 29, 2020

(130gg. per Wang Qin,Wang Rui, Lu Xiuzhi and Ma Zhenxia) * (115gg per Qieyang , Cai Zelin, Zhang Jun) * (85gg. per Liu Hong)

Athlete	Total km.	Average per week	Work day numbers	Average per day	Number of work sessions	Average km. per session	Gym hours
Wang Qin	2.490	138,8	106	23,5	163	15,2	35h00
Wang Rui	2.296	128,3	100	22,9	147	15,6	50h00
Qieyang S.	2.071	130,2	103	20,1	159	13,0	28h30
Liu Hong	1.547	128,9	80	19,3	118	13,1	24h30
Ma Zhenxia	1.903	106,5	98	19,4	150	12,7	37h30
Lu Xiuzhi	1.898	105,8	96	19,7	143	13,2	41h30
Zhang Jun	1.872	118,2	92	20,3	144	12,9	33h30
Cai Zelin	1.836	123,4	87	21,1	141	13,0	21h30

Long Workouts> km. 20

Athlete	Total km. (% of total work)	Training number	Averace km. Per training	Average speed per km	N° 20 km.	N° 25 km.	N° 30 km.	N° 35 km.	N° 40 km.	N° 45 km.
Wang Qin	1.125 (45%)	39	28,8	4.39	9	9	9	7	4	1
Wang Rui	955 (41%)	34	28,1	4.40	10	7	8	5	3	1
Qieyang	695 (33%)	27	25,7	4.48	11	4	9	1	==	==
Lu Xiuzhi	610 (32%)	24	25,4	4.44	8	9	5	2	==	==
Ma Zhenxia	590 (31%)	23	25,6	4.48	9	5	6	3	==	==
Liu Hong	490 (32%)	18	27,2	4.46	3	7	6	2	==	==
Cai Zelin	620 (34%)	24	25,8	4.36	7	8	7	2	==	==
Zhang Jun	580 (31%)	23	25,2	4.39	10	6	5	2	==	==

Special Resistance Workouts

Speed at 94/96% of the race pace

Athlete (race pace)	Total km. – Race Pace (% on Total)	Number workouts	Average km per workout	Average speed/km (% race pace)
Wang Qin. (4.18)	850 (34%)	44	19,3	4.32 (95%)
Wang Rui (4.20)	711 (31%)	35	20,3	4.30 (96%)
Lu Xiuzhi (4.18)	338 (18%)	26	13,0	4.30 (95%)
Qieyang (4.15)	312 (15%)	24	13,0	4.31 (94%)
Ma Zhenxia (4.20)	233 (12%)	22	10,6	4.29 (96%)
Liu Hong (4.15)	217 (14%)	17	12,7	4.28 (95%)
Cai Zelin (3.57)	382 (21%)	26	14,6	4.12 (94%)
Zhang Jun (3.57)	266 (14%)	24	11,0	4.12 (94%)

Some examples of Special Resistance Training

WOMEN:

November:

- 2 workouts on 10 km. Marks around 44:30 (4.27/km.)

December:

- 4 workouts on 10 km. Marks around 44:00 (4.24/km.)
- 2 workouts on 20 km. Marks around 1:32:30 / 1:33:00 (4.37 - 4.39/km)

January:

- 2 workouts on 15 km. Marks around 1:08:00 / 1:08:30 (4.32 - 4.34/km.)
- 2 workouts on 20 km. Marks around 1:31:30 / 1:32:00 (4.34 - 4.36/km.)
- 3 evaluation tests :
 - 1° = km. 15. Marks: 1:04:19 (4.18/km. * Qieyang – Lu Xiuzhi) * km 10. Marks 42:55 (Liu Hong * Ma Zhenxia)
 - 2° = km. 25. Marks: 1:53:22 (4.32/km. * Liu Hong * Lu Xiuzhi) * 1:54:05 (4.34 al km. * Qieyang * Ma Zhenxia)
 - 3° = km. 30 with variations (km. 3 speed 85/88% race pace + km. 2 speed al 98% - 102% del ritmo gara)
- Final marks: 2:18:06 (4.36/km. * Liu Hong – Qieyang – Lu Xiuzhi – Ma Zhenxia)

February:

- 2 long rep workouts (total from 10 to 15 km.) at race pace.
 - Examples: 3 x 1.000 + 2 x 2.000 + 1 x 3.000 + 1 x 5.000 speed at 100% race pace
 - 3 x 1.000 + 2 x 2.000 + 1 x 3.000 speed at 102/103% race pace.
- 1 evaluation test :
 - km. 10. Marks: 41:41 (4.10/km. * Qieyang – Ma Zhenxia) - 42:05 (4.12 al km. * Lu Xiuzhi)

MEN km. 20:

November:

- 2 workouts on 10 km. Marks around 42:00 (4.12/km.)

December:

- 2 workouts on 10 km. Marks around 40:30 (4.03/km.)
- 1 workout on 15 km. Mark 1:01:15 (4.05/km. * Cai Zelin) – 1:01:48 (4.07/km. * Zhang Jun)
- 2 workouts on 20 km. Marks around 1:25:00 (4.15/km.) - 1:26:00 (4.18/km.)

January:

- 2 workouts on 15 km. Marks around 1:02:30 (4.10/km.) - 1:03:00 (4.12/km.)
- 2 workouts on 20 km. Marks around 1:23:30 (4.11/km.) - 1:24:00 (4.12/km.)
- 3 evaluation tests:
 - 1° = km. 15. Marks: 58:47 (3.55/km. * Cai Zelin) * 59:13 (3.57/km. * Zhang Jun)
 - 2° = km. 25. Marks: 1:44:35 (4.11/km. * Cai Zelin) * 1:45:02 (4.11/km. * Zhang Jun)
 - 3° = km. 30 with variations (km. 3 speed 85/88% race pace + km. 2 velocità al 98% - 102% race pace)
Mark: 2:10:52 (4.22/km. * Cai Zelin – Zhang Jun)

February:

- 2 long rep workouts (total from 10 to 15 km.) at race pace.
Examples : 3 x 1.000 + 2 x 2.000 + 1 x 3.000 + 1 x 5.000 speed at 100% race pace
3 x 1.000 + 2 x 2.000 + 1 x 3.000 speed at 102/103% race pace.
- 1 evaluation test:
km. 10. Mark: 39.27 (3.57/km. * Cai Zelin) – 39:51 (4.00/km. * Zhang Jun)

MEN km. 50:

November:

- 3 workouts on 20 km. Marks around 1:31:00 / 1:32:00 (4.33 – 4.36/km.)

December:

- 2 workouts on 25 km. Marks around 1:48:00 / 1:50:00 (4.19 – 4.24/km.)
- 4 workouts on 30 km. Marks around 2:14:00 / 2:15:00 (4.28 – 4.30/km.)
- 3 workouts on 35 km. Marks around 2:41:00 / 2:42:00 (4.36 – 4.38/km.)

January:

- 3 workouts on 35 km. Marks around 2:39:00 / 2:40:00 (4.33 – 4.34/km.)
- 2 workouts on 40 km. Marks around 3:04:00 / 3:05:00 (4.36 – 4.38/km.)
- 2 evaluation tests :
 - 1° = km. 30 = 2:06:22 (4.13/km. * Wang Qin) * 2:06:44 (4.14/km. * Wang Rui)
 - 2° = km. 40 = 2:58:12 (4.27/km. * Wang Qin) * 2:59:01 (4.30/km. * Wang Rui)

February:

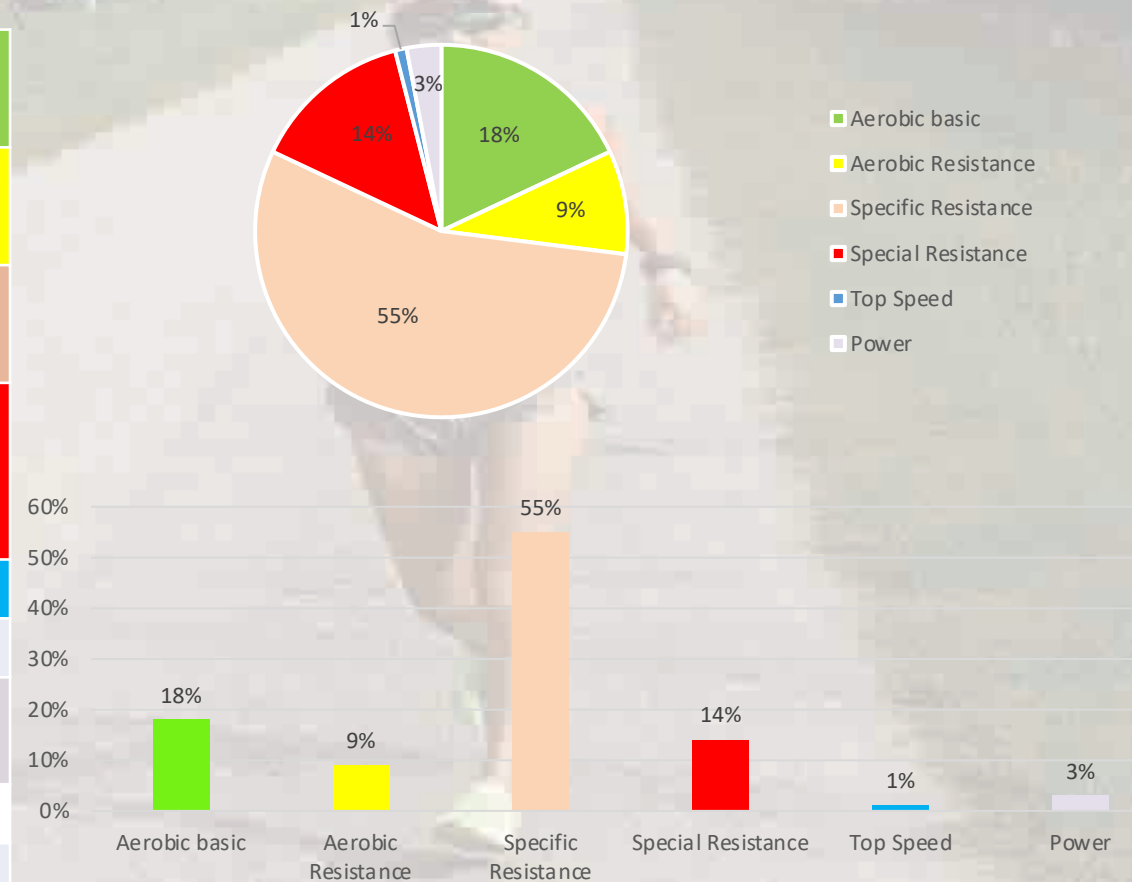
- 2 long rep workouts (total from 20 to 25 km.) race pace.
Examples: 3 x 5.000 + 2 x 10.000 speed at 100% race pace
4 x 3.000 + 2 x 5.000 speed at 102/103% race pace.
- 1 evaluation test:
km. 25 in 1:44:08 (4.10 /km. * Wang Qin) * 1:44:33 (4.11/km. * Wang Rui)

QIEYANG SHENJIE

Workouts on February 29 2020

Divided by speed per km.

1	> 5.45	< 74% (Regeneration)	233	11%	18%
	5.45 - 5.30	74% - 77% (Aerobic Basic)	143	7%	
2	5.30 - 5.15	77% - 81% (Aerobic Resistance I)	70	3%	9%
	5.15 - 5.00	81% - 85% (Aerobic Resistance II)	122	6%	
4	5.00 - 4.50	85% - 88% (Special Resistance I)	654	31%	55%
	4.50 - 4.40	88% - 91% (Special Resistance II)	491	24%	
6	4.40 - 4.25	91% - 96% (Specific Resistance)	203	10%	14%
	4.25 - 4.15	96% - 100% (Specific R. - Race Speed)	66	3%	
	4.15 - 4.05	100% - 104% (Specific R.- High Speed)	18	1%	
7	< 4.05	> 104% (Top Speed)	8	1%	1%
8	Work Treadmill/Elastic	Power	37	2%	3%
	Mountain	Power	26	1%	
9	Gym	28h30			
		Total km.	2.071	100%	100%







Some Examples of Annual Training Quantity

	Maurizio Damilano (1992) 1 Gold – 2 Olympic Bronze 2 World Gold 	Elisa Rigaud (2008) 1 Olympic Bronze 1 World Bronze 	Alex Schwazer (2007) 1 Olympic Gold 2 World Bronze 	Si Tianfeng (2012) 1 Olympic Silver 1 World Silver 
Km. per year	6.850 (1992)	5.894 (2008)	7.917 (2007)	6.293 (2012)
Months of training	11	11	11	10
Working days	272	296	297	268
Monthly km of training	623 (maximun 750)	536 (maximum 717)	720 (maximum 1.019)	630 (maximum 850)
Weekly km of training	156 (massimo 205)	134 (massimo 180)	180 (massimo 265)	158 (massimo 230)
Daily km of training	25,2	19,9	26,6	23,2

Some Examples of Annual Training Amount of Chinese Athletes

	Wang Zhen (2015) 1 Gold – 1 Olympic Bronze 2 World Gold 	Liu Hong (2015) 1 Gold – 1 Olympic Bronze 3 World Gold 	Qieyang Shijie (2018) 1 Olympic Silver 1 World Silver 	Wang Qin (2018) 1 Silver Asian Games 
Km. per year	4.261 (2015)	4.873 (2015)	5.260 (2018)	6.301 (2018)
Months of training	9	10	11	10
Working days	216	252	277	262
Monthly km of training	473 (maximum 697)	480 (maximum 660)	478 (maximum 637)	630 (maximum 848)
Weekly km of training	118 (maximum 180)	111 (maximum 182)	120 (maximum 176)	158 (maximum 236)
Daily km of training	19,7	19,3	18,9	24,0

Some Examples of Annual Training Intensity

	Maurizio Damilano (1992) 1 Gold – 2 Olympic Bronze 2 World Gold 	Elisa Rigaudó (2008) 1 Olympic Bronze 1 World Bronze 	Alex Schwazer (2008) 1 Olympic Gold 2 World Bronze 	Si Tianfeng (2012) 1 Olympic Silver 1 World Silver 
Personal best	Km. 20 = 1h18:56 (1992) (avg/km. = 3.57)	Km. 20 = 1h27:12 (2008) (avg/km. = 4.21)	Km. 50 = 3h36:04 (2.008) (avg/km. = 4.19)	Km. 50 = 3h37:16 (2012) (avg/km. = 4.21)
Total km. annual	Km. 6.850	Km. 5.994	Km. 6.962	Km. 6293
Km. btw 85% - 90%	1.042 (15% total work)	1.258 (21% total work)	2.230 (32% total work)	1.762 (28% total work)
Km. byw 90% - 95%	637 (9% total work)	592 (10% total work)	835 (12% total work)	950 (15% total work)
Km. btw 95% - 100%	408 (6% total work)	293 (5% total work)	208 (3% total work)	375 (6% total work)
Km. bet 100% - 105%	185 (3% total work)	180 (3% total work)	139 (3% total work)	193 (3% total work)

Some Examples of Annual Training Intensity of Chinese Athletes

	Wang Zhen (2015) 1 Gold – 1 Olympic Bronze 2 World Gold 	Liu Hong (2015) 1 Gold – 1 Olympic Bronze 3 World Gold 	Qieyang Shijie (2018) 1 Olympic Silver 1 World Silver 	Wang Qin (2018) 1 Silver Asian Games 
Personal best	Km. 20 = 1h17:36 (2013) (avg/km. = 3.53)	Km. 20 = 1h24:38 (2015) (avg/km. = 4.14)	Km. 20 = 1h25:16 (2012) (avg/km. = 4:16)	Km. 50 = 3h38:02 (2019) (avg/km. = 4.22)
Total km. annual	Km. 4.261	Km. 4.873	Km. 5.260	Km. 6.301
Km. btw 85% - 90%	543 (12% total work)	1652 (34% total work)	1.445 (28% total work)	1.134 (22% total work)
Km. btw 90% - 95%	848 (16% total work)	819 (17% total work)	1.054 (20% total work)	2.205 (35% total work)
Km.btw 95% - 100%	575 (11% total work)	313 (7% total work)	418 (8% total work)	378 (6% total work)
Km. btw 100% - 105%	417 (8% total work)	183 (4% total work)	263 (5% total work)	315 (5% total work)

Work on the treadmill with elastic

- An important training tool I am working with is training on the treadmill.
- I use of the treadmill as:
 - work to improve the technique (without or with light elastic)
 - organic work of lactic acid (with elastic)
- The diversity of strength with which you work is measured through a small computer that signals the kilograms that are pulled.
- Organic work is measured with lactate values



Color chart * Rio 2016 (Super Op)

The main problems of a coach, for the organic part, so far more difficult to solve, are:

1. The optimization of the **Supercompensation**, that is the continuous improvement of the performance through the administration of the load of the right intensity at the right time and customized for each subject
2. Avoid **Overtraining** which blocks the improvement or even leads to a deterioration in performance, and also in the general health of the subject
3. Early detection of impaired health conditions

	Liu Hong		Wang Zhen		Cai Zelin		Yu Wei		Wang Zhndong		Qieyang	
23/7/16	ARANCIONE		VERDE	VERDE	ROSSO	ROSSO	VERDE	VERDE	VERDE	VERDE	GIALLO	GIALLO
24/7/16	ARANCIONE		ARANCIONE	VERDE	ROSSO	ROSSO	GIALLO	VERDE	ARANCIONE	VERDE	GIALLO	VERDE
25/7/16	ARANCIONE	VERDE	VERDE	VERDE	GIALLO	ARANCIONE	GIALLO	VERDE	ARANCIONE	VERDE	VERDE	VERDE
26/7/16	ROSSO	VERDE	VERDE	VERDE	ARANCIONE	GIALLO	VERDE	VERDE	VERDE	VERDE	GIALLO	VERDE
27/7/16	VERDE	VERDE	VERDE	VERDE	VERDE	VERDE	ROSSO	VERDE	VERDE	VERDE	GIALLO	VERDE
28/7/16	RIO											
29/7/16		GIALLO		VERDE						VERDE		VERDE
30/7/16	ROSSO	ARANCIONE	ARANCIONE	GIALLO		VERDE		VERDE	ARANCIONE	VERDE	ARANCIONE	VERDE
31/7/16	ROSSO	ARANCIONE	ARANCIONE	ARANCIONE	ARANCIONE	GIALLO	ARANCIONE	VERDE	VERDE	VERDE	GIALLO	VERDE
1/8/16	ROSSO	ROSSO	ROSSO	ARANCIONE	ARANCIONE	GIALLO	ARANCIONE	GIALLO	ARANCIONE	VERDE	VERDE	VERDE
2/8/16	ROSSO	ARANCIONE	GIALLO	VERDE	VERDE	VERDE	GIALLO	GIALLO	ROSSO	GIALLO	ARANCIONE	VERDE
3/8/16	ARANCIONE	GIALLO	GIALLO	VERDE	ARANCIONE	VERDE	ARANCIONE	GIALLO	ARANCIONE	ARANCIONE	GIALLO	GIALLO
4/8/16	ROSSO	GIALLO	ARANCIONE	GIALLO	GIALLO	VERDE	GIALLO	VERDE	ARANCIONE	ARANCIONE	GIALLO	VERDE
5/8/16	ROSSO	ARANCIONE	GIALLO	VERDE	ROSSO	GIALLO	GIALLO	VERDE	ROSSO	ROSSO	GIALLO	VERDE
6/8/16	ARANCIONE	ARANCIONE	GIALLO	VERDE	ARANCIONE	VERDE	ARANCIONE	VERDE	ROSSO	ARANCIONE	VERDE	VERDE
7/8/16	ROSSO	ARANCIONE	ROSSO	VERDE	GIALLO	VERDE	ARANCIONE	GIALLO	ARANCIONE	GIALLO	GIALLO	VERDE
8/8/16	ARANCIONE	GIALLO	VERDE	VERDE	ROSSO	VERDE	VERDE	VERDE	VERDE	VERDE	GIALLO	VERDE
9/8/16	ROSSO	ARANCIONE	GIALLO	VERDE	GIALLO	VERDE	VERDE	VERDE	GIALLO	VERDE	ARANCIONE	GIALLO
10/8/16	GIALLO	GIALLO	ARANCIONE	VERDE	VERDE	VERDE	GIALLO	VERDE	ROSSO	VERDE	GIALLO	VERDE
11/8/16	GIALLO	VERDE	ROSSO	VERDE	VERDE	VERDE	VERDE	VERDE	GIALLO	VERDE	ARANCIONE	GIALLO
12/8/16	ROSSO	VERDE					VERDE	VERDE	GIALLO	VERDE	ARANCIONE	ARANCIONE
13/8/16	GIALLO	VERDE					VERDE	VERDE	GIALLO	VERDE	ARANCIONE	ARANCIONE
14/8/16	GIALLO	VERDE					VERDE	VERDE	ARANCIONE	VERDE	GIALLO	VERDE
15/8/16	VERDE	VERDE					GIALLO	VERDE	ARANCIONE	GIALLO	GIALLO	VERDE
16/8/16	VERDE	VERDE					ARANCIONE	VERDE	ROSSO	ARANCIONE	VERDE	VERDE
17/8/16	VERDE	VERDE					ARANCIONE	VERDE	ROSSO	ARANCIONE	VERDE	VERDE
18/8/16	VERDE	VERDE					GIALLO	VERDE	GIALLO	GIALLO	VERDE	VERDE

12/8/2016 * Liu is accumulating more and more effort



Thanks for your attention!

Happy race walk to all of you !

Sandro Damilano