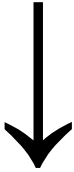


The Rocket

OKC Landrunner's Walking Group Style

- 6.
- 5.
- 4.
- 3.
- 2.
- 1.



3-6 walkers in single file
walking at a comfortable pace
for 10 minutes.

- 5.
- 4.
- 3.
- 2.
- 1.
- 6.



Walker #6 rockets to the
front after 10 minutes.
Walker #5 rockets to the
front. Process continues
endlessly.

- 4.
- 3.
- 2.
- 1.
- 6.
- 5.



The Rocket style does also
work with Racewalkers and
runners!

.