



The Complete Guide to Racewalking: Technique and Training

Dave McGovern

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Ready, set, WALK!

When it comes to competitive racewalking there is no higher authority than Dave McGovern. A 30-year (and counting) member of the US National Racewalking Team and 14-time winner of the US Racewalking Championships, he has conducted dozens of racewalking clinics and camps throughout Europe, Africa, and North America in addition to his work as a private coach. And now, thanks to *The Complete Guide to Racewalking*, you too can receive Olympic-level coaching when and where you want it.

Easily the most comprehensive racewalking book on the market, *The Complete Guide to Racewalking* will tell you everything you need to know about participating in this fun and healthy, lifelong sport. Chapters focus on nutrition, hydration, and stretching, in addition to presenting exercises and practice regimens to improve your form, speed and endurance. Peppared with entertaining anecdotes from the author's expansive career, *The Complete Guide to Racewalking* will whip you into shape in no time.

Dave McGovern is the most experienced and productive racewalking coach and clinician in the US and perhaps the world. In addition to coaching racewalking, Dave has been a writer for *Walking Magazine* and *Walk! Magazine*, and is the author of *The Complete Guide to Marathon Walking* and *Training and Precision Walking*.

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Luke Shaffer:

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Gertrude Knudsen:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is something that usually you could have done when you have spare time, and then why you don't try something that's really opposite from that. I'm an activity that makes you not feel tired but still relaxing, thrilling like on a roller coaster you've already been on and with excitement associated with. Even if you love The Complete Guide to Racewalking: Technique and Training, you can enjoy both. It's a good combination, right, you still desire to miss it? What kind of hangout is it? Oh, it's a mind hangout. What? Still don't get it, oh come on, it's known as reading with friends.

Zoe Harris:

Many people spend their time period by playing outside along with friends, fun activities with family or just watching TV the whole day. You can have a new activity to spend your whole day by reading a book. Ugh, you think reading a book is really hard because you have to use the book everywhere? It's fine, you can have the e-book, getting everywhere you want in your touch screen phone. Like The Complete Guide to Racewalking: Technique and Training which has the e-book version. So, try out this book? Let's observe.

Sheila Kilburn:

As a scholar, I often feel bored with reading. If my teacher asked me to go to the library as well as to make a summary for some guide, I'm often complaining. Just little students that have a heart for reading or a real passion. They just do what the teacher wants, like being asked to go to the library. They go there generally but aren't reading very seriously. Any student who feels that examining is not important, boring and can't see colorful pictures on there. Yeah, it is getting complicated. A book is very important for you. As we know that in this period of time, there are many ways to get whatever we would like. Likewise, the word says, ways to reach China's country. Therefore, this The Complete Guide to Racewalking: Technique and Training can make you feel more interested to read.

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