



# 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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