

The Complete Guide To Racewalking Technique And Training

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The Complete Guide to Racewalking Technique and Training

January 7th, 2019 - 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 Readers interested in related titles from Dave McGovern will also want to see The Complete Guide to Marathon Walking ISBN 9781626545007

The Complete Guide to Racewalking

January 7th, 2019 - The Complete Guide to Racewalking Technique and Training is a comprehensive training manual for those involved in competitive racewalking It services both the novice athlete and the veteran providing tips gleaned from many years of intense training and contact with some of the best coaches physiologists and psychologists in the event today

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