

The Complete Guide To Racewalking: Technique And Training By Dave McGovern

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Cornerstone fitness: 10,000 steps a day walking

Hope Health Letter, June 2008 from Walking Magazine's Complete Guide to Walking for Health, former member and coach of the U.S. national racewalking team.

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Walking resource - the most complete guide to

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full-color photographic explanations of race walking technique and training. Dave McGovern - National Team Race Walk Like a Champion has an excellent

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Dave McGovern is the author of Complete Guide to Marathon Walking (4.11 avg rating, 38 ratings, 6 reviews, published 2000), Dave McGovern s Followers.

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