



Announcing World Class Racewalking’s Los Angeles
Racewalk Training Weekend
 Led by world-renowned coach and clinician
Dave McGovern
 July 24-26, 2020



Do you want to racewalk Faster? Join long-time United States National Racewalk Team member and fifteen-time U.S. National Champion Dave McGovern for this unique racewalking event. During this advanced training weekend, participants will learn techniques used by elite walkers to racewalk faster and more efficiently with fewer injuries.

Dave McGovern has been a competitive racewalker and racewalking coach for the past thirty-five years. He has won fifteen U.S. Championships and is the only nine-time US Olympic Trials finalist in any track & field event. In addition to conducting his “World Class Racewalking” clinics all over the known Universe, Dave, who holds a Master's Degree in Sport Science from the United States Sports Academy, is a USAT&F, LSA- and CCFA-certified coach who has led dozens of former clinic participants to youth, junior, open and masters American and World Championship titles and records, including coaching seven clinic alumni all the way to the US Olympic Trials. Dave is the National Head Coach for the Crohn’s and Colitis Foundation’s “Team Challenge” half-marathon team, and was the Team USA Head Coach for the 2012 World Cup of Racewalking in Saransk, Russia. He is the author of Precision Walking, The Complete Guide to Racewalking Technique and Training, The Complete Guide to Marathon Walking and The Complete Guide to Competitive Walking.

Tentative Agenda: Friday, 6:30 – 9:00pm— Dinner, introductions, agenda review, talk on the workouts and training logs.
Saturday, 9:00am Morning hill/distance workout; **10:30am** Technique work/drills with guest coach Carolyn Kealty, 2x top-10 Olympic Trials finalist; **12:00pm** Lunch; **1:30pm** Video review w/ Dave and Carolyn; **3:30pm** Sprint work to get a look at higher-end technique and to lock in the technique changes, then light stretching; **6:30pm** “Racewalk nutrition” at a local Mexican dining establishment. The Mexicans are among the best racewalkers in the world. We’ll investigate whether the food, cerveza, or possibly the tequila is responsible for their prowess.
Sunday, 8:00am Filmed morning distance workout. 16-20k; **11:00am** Video review; **12:00pm** Lunch; **1:30pm** Strength training/stretching for injury prevention and technique development; **3:30pm** Easy afternoon technique final check-up workout (6-8km)



For further information contact Cathie Enriquez at Cathie.enriquez@gmail.com, (310) 795-2621 or visit Dave’s World Class Racewalking website at: www.racewalking.org

-----ENTRY-FORM-----

NAME _____

ADDRESS _____

CELL PHONE (_____) _____ E-MAIL _____

SIGNATURE: _____ DATE: _____

Send completed entry and \$225 payable to World Class Racewalking to: Cathie Enriquez
 7225 Crescent Park West, #476
 Playa Vista, CA 90094