



Masters Racewalking: American Coaches & Athletes Share Ideas on Technique, Training & Racing

Elaine P. Ward

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If a walker wants to get better and faster, Masters Racewalking offers a wide variety of information. Thirty American coaches and athletes share their experience and knowledge to help a walker improve

The reader receives the latest information on technique training, stretching and strengthening exercises, endurance and speed workouts, racing strategy, cross training equipment , injury prevention, nutrition and more. The final section explains the many opportunities available to masters walkers as well as American Records and World Top Performances.

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