



Dave McGovern has represented the US National Track & Field Team and the US National Racewalk Team extensively overseas, earning berths on 20 US International teams including two USA vs Great Britain and USA vs USSR track meets, the World University Games, and seven World Cup and six Pan Am Cup competitions. In his 25+ year career Dave won 15 National Championships and is the 7th fastest 20k walker in US history.

Dave has coached the National Teams of Fiji, and Ghana, West Africa, and is the Head Coach of Team USA at the 2012 World Cup in Saransk Russia. Dave, who holds a masters degree in sport science, also coaches many US and Canadian National Masters Champions and record holders, and several Olympic hopefuls. He is the author of *Precision Walking*, *The Complete Guide to Racewalking Technique and Training*, and *The Complete Guide to Marathon Walking*.

“I’ve been to several other camps and mini-camps around the country, but Dave’s is by far the most valuable. I highly recommend it!”

—Richard Oliver, Walkers Club of LA

Typical Schedule

Tues. Arrival at the National Training Center. Early arrivals may get threshold testing done by NTC staff, and/or technique sessions with Dave and guest coaches at the track.

Wed. Threshold and technique sessions continue.

Thurs. Morning tempo workout on the West Orange bike trail. Technique and threshold sessions continue. Technique lecture and video review. Pilates, swim, then easy afternoon walk.

Fri. “Guess your pace” interval workout. Physiology lecture on threshold results/how to train. Yoga, then weight training talk by NTC staff. Plyometric drills session. Pre-competition workout and lecture. Night out at Disney’s Boardwalk.

Sat. Morning workout, then visit to the Magic Kingdom or other tourism. Pre-race pasta dinner.

Sun. Group warm-up then 5K race.



The USA National Training Center is located in Clermont, Florida, 25 minutes from Orlando’s theme parks.

The Center features a 400-meter track & field complex; a 70 meter x 25 yard aquatic center; a fitness center with strength and conditioning staff; fully-equipped education rooms; and state-of-the-art human performance lab and sports medicine & rehabilitation center.

Dave’s World Class Racewalking Camp

Hosted by world-renowned racewalker, racewalking coach and author, Dave McGovern.

*** All ages/ability levels welcome. Previous campers have ranged in age from 14 to 84!**

*** All inclusive! \$850 camp fee includes first-class lodging and meals, full Training Center access and testing, airport transfers, etc!**

*** The “World Class Racewalking 5K Championship” will be our “Final Exam.”**



**USA National Training Center
Clermont, FL**

**TUESDAY, NOVEMBER 13th
THROUGH
SUNDAY, NOVEMBER 18th, 2011**

Please submit registration form and fees to:

Dave McGovern
World Class Racewalking Camp
20 High Street
Locust Valley, NY 11560

(845) 709-2152 DMcG@Racewalking.org

Dave McGovern and other top racewalkers/marathon walkers and coaches will train with you, conduct video analysis of your walking style, and lead seminars that will teach you to train more efficiently with fewer injuries.

This will be Dave's 23rd World Class training camp—the ninth at the National Training Center facility. The camps are open to racewalkers of all ability levels, but are geared more for walkers that actively compete in the Olympic sport of racewalking. Past participants have ranged from beginning racewalkers to Olympic hopefuls, and have ranged in age from 14 to 84!

Space in this camp is limited and will be allotted strictly on a first-come, first-served basis. We look forward to spending an enjoyable and educational week with you. Please reserve your spot as soon as possible by submitting a \$150 deposit with the registration form.

Happy Walking!



Dave McGovern

Do you want to learn to racewalk faster?

Long-time U.S. National Racewalk Team member and National Team coach Dave McGovern will be your host for this incredible racewalking experience. Using methods employed at the US Olympic Training Centers, Dave and the coaches will show you how you can walk faster and more efficiently, and how you can get the most out of your mileage.

Previous camps have featured coaching assistance from Olympians Andrzej Chylinski, Gary Morgan, Herm Nelson and Bogdan Bulekowski (7th at the 1980 Olympic 50K racewalk). National Team members Mark Bagan, Bobbi Jo Chapman, Don DeNoon, Mark Fenton, Curtis Fisher, Carolyn Kealty, Jonathan Matthews, Steve Pecinovsky, Loretta Schuellein, Ian Whatley, and Dana Yarbrough have also assisted at past camps, leading workouts and lectures.

Fees for the November camp include lodging and meals from the night of the 13th, access to all National Training Center facilities, use of Polar heart rate monitors, video technique analysis, classes in the physiological principles behind fast racewalking, training schedule design, sports psychology, weight training, Pilates, yoga, swimming, stretching, and lots of walking!

The National Training Center is designed to meet the needs of all ages and at all fitness levels, from residents in the local community to international level athletes. The new 37,000-square-foot fitness and training center combines health, education, wellness, rehabilitation and sports science/training programs all in one convenient location.

<input type="checkbox"/> I have enclosed my check or money order for \$150 to reserve my spot.	_____	_____	_____	_____	
<input type="checkbox"/> I have enclosed my check or money order for \$825* to cover the entire cost of the camp.	_____	_____	_____	_____	
<input type="checkbox"/> Do you have a roommate preference? If so, roommate's name:	_____	_____	_____	_____	
Name:	_____	Phone:	_____	_____	
Address:	_____	State:	_____	Zip:	_____
City:	_____	Signature:	_____	Date:	_____
E-Mail:	_____	Send completed entry and check payable to Dave McGovern to:			World Class Racewalking Camp 20 High Street Locust Valley, NY 11560
*Private rooms available for an additional \$150					