



# Dave McGovern's 3<sup>rd</sup> Solana Beach ADVANCED "TRAINING CAMP" RACEWALKING WEEKEND



October 23 - 25, 2009

## Weekend Agenda

### Friday, October 23, 2009

**6:30pm**      **Dinner, introductions & agenda review.** Rub elbows with elite racewalkers, talk about the weekend's workouts and talk about how to use a training log.

### Saturday, October 24, 2009

**9:00am**      **Filmed morning hill/distance workout at Solana Hills Ct./Dell St./Dell Ct. 1-mile loop.**

**10:30am**      **One-on-one technique sessions/drills with clinic staff**

**12:00pm**      **Lunch**

**1:30pm**      **Technique video review/analysis**

**3:00pm**      **Filmed "Leap Frog Run" workout.** A chance for our elite staff to get a look at your higher-end speed technique and for you to lock in the technique changes. Light stretching afterwards.

**4:15pm**      **Common injuries in racewalkers and how to limit risks from a biomechanical point of view.** With Simone Wolowiec—Australian Commonwealth Games/World Cup team member and sports massage therapist.

**6:30pm**      **"Racewalk nutrition"** The Mexicans are among the best racewalkers in the world. We'll investigate, at a local Mexican dining establishment, whether the food, cerveza, or possibly the tequila, is responsible for their prowess.

### Sunday, October 25, 2009

**8:00am**      **Filmed morning distance workout with the elites on the Pacific Coast bike path!** 15-20k—or whatever your regularly scheduled weekend long-day distance may be. A chance to get in a great workout with technique tips and camaraderie with Olympians and other elites from around the world.

**11:00am**      **Video review**

**12:30pm**      **Lunch**

**2:00pm**      **Global racewalk training systems "roundtable."** Depending on their schedules, we should have input from Latvia (Olympic silver medalist, Aigars Fadejevs); Sweden (2009 IAAF World Championships team member Andreas Gustafsson); Norway (2000, 2004 Olympian Tim Seaman, who trains under Norwegian coach Stephan Platzer); Canada (2009 IAAF World Championships team member Rachel Lavallée); Ecuador/Poland (3x Olympian Philip Dunn, who trained under Enrique Peña and Bohdan Bulekowski); and the USA (long-time US National Team members Dave McGovern, Steve Pecinovsky, and Liz Salvato.)

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