



## **San Jose Fit Presents**

### **Coach Dave McGovern, World-Renowned Racewalker!**

**Please spread the word.**

Looking to improve your marathon or half-marathon pace? Or simply want to walk faster with fewer injuries?

You're in luck-Coach Dave McGovern is returning to Los Gatos!

Join us July 11 & 12 for an engaging, informative weekend designed to help you walk better and faster. As the author of *The Complete Guide to Competitive Walking* and *The Complete Guide to Marathon Walking*, Coach Dave has helped thousands improve their technique and performance. With a 3:38 marathon WALKING time, he brings unparalleled expertise to racewalking, power walking, and injury recovery for runners.

Clinic highlights include:

- ✓ Shoe selection & equipment essentials
- ✓ Video-taped technique analysis
- ✓ Nutrition strategies for optimal performance
- ✓ Heart-rate-based training
- ✓ Supplemental & cross-training methods

For more information or to sign up, contact Coach Georgiana at [info@sanjosefit.com](mailto:info@sanjosefit.com) or [visit racewalking.org](http://visit.racewalking.org).