



Excellence in Training: A Race Walking Specific Training Log

Jeff Salvage, Tim Seaman

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We all know we should keep a training log. Some of us do, and others don't get beyond the new season's resolution to keep better track of our workouts. Those that do keep track, often do so inconsistently. Now let America's premier team of clinicians Jeff Salvage and Tim Seaman help you record information vital to your race walking progress in Excellence in Training - A Race Walking Specific Training Log

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