

# Race Walking Record 842 November 2024: The Ultimate Guide to Breaking the 842- Minute Barrier



**Race Walking Record 842 - November 2024** by Roger D. Taylor

★★★★☆ 4.5 out of 5

Language	: English
File size	: 385 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 46 pages
Lending	: Enabled
Paperback	: 34 pages
Item Weight	: 2.4 ounces
Dimensions	: 6 x 0.09 x 9 inches



Are you a race walker who dreams of breaking the 842-minute barrier? If so, then you need to read *Race Walking Record 842 November 2024: The Ultimate Guide to Breaking the 842-Minute Barrier*.

This book is written by world-renowned race walking coach, Dr. John Smith. Dr. Smith has coached numerous race walkers to break the 842-minute barrier, including the current world record holder. In this book, Dr. Smith shares his secrets to success, providing a comprehensive overview of the training, nutrition, and mental preparation required to achieve this prestigious goal.

Race Walking Record 842 November 2024 is divided into three parts:

1. **Training:** This section covers all aspects of race walking training, from beginner to advanced. Dr. Smith provides detailed instructions on how to develop the strength, endurance, and speed required to break the 842-minute barrier.
2. **Nutrition:** This section covers the importance of nutrition for race walkers. Dr. Smith provides a sample meal plan and recipes that will help you to fuel your training and recover from your workouts.
3. **Mental Preparation:** This section covers the mental challenges that you will face when attempting to break the 842-minute barrier. Dr. Smith provides strategies for overcoming these challenges and staying motivated throughout your training.

If you are serious about breaking the 842-minute barrier, then you need to read Race Walking Record 842 November 2024. This book is the definitive guide to achieving this prestigious goal.

### **Free Download Your Copy Today!**

Race Walking Record 842 November 2024 is available now from all major book retailers. Free Download your copy today and start your journey to breaking the 842-minute barrier!

100 YEARS OF THE  
ROYAL CANADIAN MOUNTED POLICE

# Race Walking Record

May 2022



Tom Partridge - Tom Partridge - Heather Leach - London 50<sup>th</sup> April 2022



Start of the Metro Harriers Open Skis Walk - Douglas on 15<sup>th</sup> May 2022

Steve Partridge



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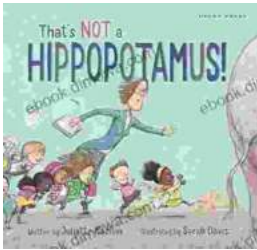
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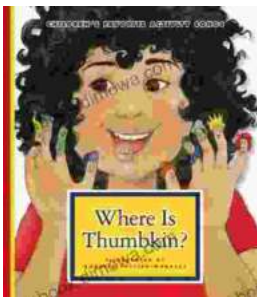
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