

# Tim Seaman and Jeff Salvage Race Walking Clinic

Two Time Olympian Tim Seaman and founder of [www.racewalk.com](http://www.racewalk.com) Jeff Salvage are proud to announce their coming together for a series of exciting educational race walking clinics. Tim's experience as one of America's most dominate 20K walkers for the past two decades is combining with Jeff's vast experience of coaching, educating, and promoting race walking. Together they are creating a weekend clinic that will feature individualized attention, group lectures, and high tech know how that will leave you walking more quickly, more legally, and more powerfully than before.

Featuring not one but two qualified instructors allows the clinics to focus on beginners and advanced walkers simultaneously. All attendees will experience hands on coaching, in addition to the many well prepared lectures covering technique, training philosophy, nutrition, injuries, and strength work. Jeff's unparalleled photographs of the World's best walkers along with Tim's critique of their style provides unique insight into the upper echelon of race walking. While many walkers need the detailed PowerPoint presentation on technique, others who have attended clinics in the past can opt for additional hands on experience with Tim. All participants will not only receive individualized attention and feedback, but will also receive an email version of their images with the critiques sketched overtop.

Tim Seaman has race walked since 1988 and quickly became one of America's premier race walkers. He broke his first Jr. Record in 1990 and was a member of the 2000 and 2004 Olympic team. Tim is 3rd on the all time American list of national titles and currently holds 10 American records. In addition to training and working, Tim has coached some of America's top National Team women as well as many of the best and brightest upcoming stars from the South Texas Walking Club and from around the country.

Jeff Salvage started race walking in 1984 and had a brief, but successful, career competing nationally and internationally as a competitor before turning to coaching and educating. He is the founder of [www.racewalk.com](http://www.racewalk.com) and author of "Walk Like an Athlete" and "Race Walk Like a Champion" as well as their corresponding videos and DVDs. Jeff has coached walkers at all levels from beginning fitness walkers, marathoners, elite juniors, and international competitors.

## **Clinic Dates**

Saturday, February 7th & Sunday, February 8th 2008

## **Times**

9:00 – 4:00 each day

## **Clinic Location**

Santa Cruz, California

## **Clinic Fee**

On or before January 15th

\$180.00 per person with free full-color [Evolution of Race Walking T-Shirt](#)

After January 15th

\$180.00, but no free shirt

## **Lactate Threshold Test**

Up to 10 people can register to get their lactate threshold tested with Tim. The test costs \$45/person and is limited on a first come, first serve basis. The test will be performed during the introductory technique lecture and is recommended for advanced walkers who have already attended other clinics.

## **Please mail checks to:**

Becky Klein

324 Alta Vista Dr

Santa Cruz, CA 95060

## Entry Form

<b>First Name</b>	<b>Last Name</b>	
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Telephone Number</b>	<b>email</b>	
<b>T-Shirt Size (S,M,L,XL)</b>		

## Schedule

### Saturday

#### 9:00 – 10:00

Introductions

General Review of Good Technique (Jeff Salvage)

#### 10:00 – 12:00

Initial workout, Moderate pace (Photographs are taken) (Jeff Salvage & Tim Seaman)

Flexibility Drills (Jeff Salvage & Tim Seaman)

Stretching for cool down (Tim Seaman)

\*\*\* Those doing the lactate threshold will do so in place of the Moderate Pace Workout(Tim Seaman)

#### 12:00 – 1:00

1st Group Photograph Evaluations (Jeff Salvage and Tim Seaman), 2nd Group Lunch

#### 1:00 – 2:00

1st Group Lunch, 2nd Group Photograph Evaluations (Jeff Salvage & Tim Seaman))

#### 2:30 – 4:00

Max Heart Rate Workout (for those not doing a lactate test today)

Moderate Technique Workout (for those doing a lactate test today)

### Sunday

#### 9:00 – 10:00

Shoe Selection (Jeff Salvage)

Basic Nutrition, Race Strategy, Injuries (Jeff Salvage)

(Optional) Second Group of Lactate Threshold Tests, if needed(Tim Seaman)

#### 10:30 - 11:00

Evaluation of Elite Race Walking Photographs (Jeff Salvage and Tim Seaman)

#### 11:00 – 12:00

Moderate Workout – Videotape Workout (Jeff Salvage and Tim Seaman)

#### 12:00 – 1:00

Lunch

#### 1:00 – 2:00

Training Program Lecture –(Tim Seaman)

#### 2:00 – 3:00

Evaluate Video Tape

#### 3:00 – 4:00

Last Workout – Putting it all together