

Leggi Ebooks Maratona Per Tutti Stefano Baldini PDF, EPUB, Mobi



Leggi ebooks Maratona per tutti Stefano Baldini PDF, EPUB, mobi, Dal campione olimpico di Atene 2004, tutto ciò che devi sapere per diventare un runner.

- Come allenare il fisico e la mente
- Che alimentazione seguire
- Come scegliere le scarpe adatte e come vestirsi nelle diverse stagioni
- Quale maratona selezionare e come affrontare la gara
- Gli esercizi di stretching e quelli per migliorare la tua tecnica di corsa
- Il test conconi per capire il tuo stato di forma
- Le tabelle di allenamento per giungere all'arrivo nel tempo che ti sei prefissato e in tutta sicurezza

Il manuale completo per correre la leggendaria distanza dei 42,195 km e vincere la sfida con te stesso.

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