



Correr: Tu DePorte A Fondo

Paul Cowcher, Tommaso Bernabei

 **Descargar**

 **Leer En Linea**

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An all-in-one resource for anyone looking to take their running to the next level, this expert guide will help readers gain speed, build endurance, get the most out of social runs, and prepare for races. Filled with annotated photographs and illustrations that demonstrate proper technique and detail the dos and don'ts for becoming a more accomplished runner, the book provides in-depth information on running rhythm, stride, body position, and tactics and also discusses stretching, strength training, and how to avoid common injuries. A sports nutritionist also chimes in with delicious recipes and invaluable information on maintaining a diet that will help readers prepare for and get the most out of their runs. A final section offers specialized training plans for running 10Ks and half- and full marathons. Before, during, or after a run--this manual is the only tool dedicated runners will need.

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159 pages

About the Author

Paul Cowcher is a personal trainer, fitness instructor, and former professional dancer with 10 years of experience. Tommaso Bernabei is a writer and sports nutritionist.

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