

Leggere Andiamo A Correre Ebook Gratuito PDF/EPUB/mobi - Fulvio Massini



leggere Andiamo a correre Ebook gratuito PDF/EPUB/mobi Fulvio Massini , Tutti possono correre: non solo gli sportivi, ma anche chi è alle prime armi, chi non è più giovanissimo o si trova un po' fuori forma. Fulvio Massini, da trent'anni allenatore di maratoneti, svela i segreti di questo meraviglioso sport: la tecnica, l'allenamento in base alla preparazione fisica e agli obiettivi, l'alimentazione più adatta e gli integratori più diffusi, l'abbigliamento e gli accessori, come evitare gli infortuni e come riprendersi se dovessero capitare. Ampio spazio è dedicato agli esercizi, tutti illustrati, da svolgere prima, dopo o in sostituzione alla corsa. Il libro è arricchito da capitoli dedicati in modo specifico alla donna, a chi è giovanissimo e a chi non lo è più. Con una scrittura chiara, da cui emerge l'esperienza e passione di Fulvio, il libro offre tutti gli strumenti per imparare a correre per stare bene. Prefazione di Linus.

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