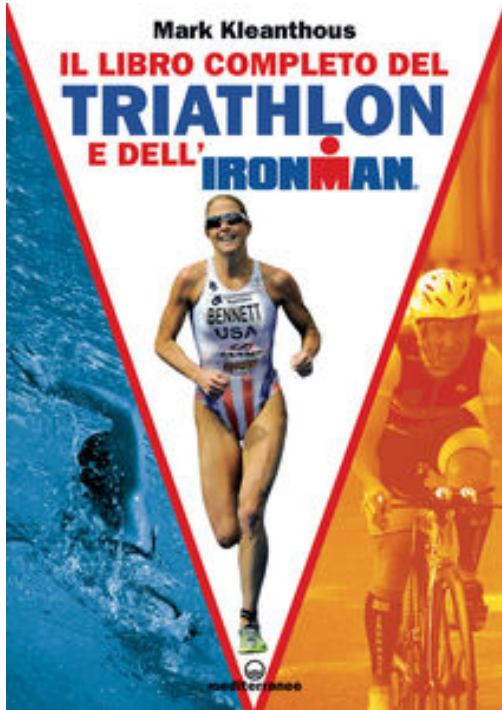


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leggere Il libro completo del triathlon e dell'Ironman Ebook gratuito PDF/EPUB/mobi Mark Kleanthous , Questo libro vi dirà tutto ciò che c'è da sapere riguardo al triathlon e all'Ironman®, sia che siate dei principianti nello sport, sia che abbiate esperienza in altre discipline sportive. Il manuale di Mark Kleanthous vi insegnerà che cosa dovete fare per cominciare a praticare il triathlon - quale equipaggiamento comprare, la dieta da seguire, come ideare un programma di allenamento e quali modifiche apportare al vostro stile di vita per trovare il tempo necessario a praticarlo - e poi vi spiegherà anche come arrivare alla fine di una gara e come riprendervi dalla fatica. In poche parole questo libro vi rivelerà tutti i segreti per sviluppare tutte le vostre potenzialità nel triathlon - e non necessariamente allenandovi con maggiore intensità, ma con più intelligenza e accortezza.

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