

Leggere Il Manuale Completo Della Corsa EBook Gratuito PDF/EPUB/mobi - Roberto Albanesi



leggere Il manuale completo della corsa EBook gratuito PDF/EPUB/mobi Roberto Albanesi , Frutto della trentennale esperienza dell'autore nel mondo della corsa, questo testo raccoglie tutto ciò che oggi si conosce su questa meravigliosa pratica sportiva. La corsa viene analizzata sotto i vari aspetti, da quello semplicemente salutistico fino ad arrivare a quello agonistico. È l'opera ideale per accompagnare il principiante nei suoi primi passi, o per far capire al "professionista" tutti i fini meccanismi che devono essere messi in moto per arrivare al vertice della sua prestazione. Il testo risponde a tutte le domande più critiche sulla corsa e propone un modello di prestazione che è la sintesi di tutto ciò che si trova in letteratura e che spiega come il nostro corpo reagisce all'allenamento. All'interno ampi spazi sono dedicati alla definizione del modello alimentare dell'atleta, alla guida della corretta strumentazione del runner, a nozioni di medicina sportiva e a programmi di allenamento per distanze che vanno dai 1500 m alla mezza maratona.

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