

Leggere Quelli Che Corrono Ebook Gratuito PDF/EPUB/mobi - Stefano Baldini



leggere Quelli che corrono Ebook gratuito PDF/EPUB/mobi Stefano Baldini , Quelli che corrono sono tantissimi e questo è il libro che fa per loro. Scritto da Stefano Baldini, oro nella maratona alle Olimpiadi di Atene 2004, riconosciuto come il miglior corridore bianco di sempre, è il manuale basic per chi vuole cominciare a correre oppure vuole perfezionare la sua attività sportiva con i trucchi di un top runner. Baldini insegna come misurare la frequenza cardiaca, cosa mangiare, come organizzare una tabella di allenamento, quali scarpe e indumenti scegliere. Il tutto corredato da una serie di fotografie che illustrano gli esercizi di stretching, di potenziamento muscolare e i diversi tipi di corsa. In più, offre un percorso graduale di avvicinamento al podismo e "regala" il suo personale programma di allenamento per le olimpiadi. Grazie ai consigli di questo grande campione, che sa trasmettere tutta la sua passione di atleta, chiunque potrà accostarsi alla pratica di uno sport semplice, economico, che può dare in poco tempo tante soddisfazioni e benefici effetti per la mente e il fisico.

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