

Corrida De Aventura - Caco Fonseca Ler Ebook



Corrida de aventura Caco Fonseca ler ebook, Um atleta sempre tenta vencer seus próprios limites em competições. São necessários treinos exaustivos, perseverança e foco para qualquer modalidade praticada. Mas para as conhecidas corridas de aventura, a equipe precisa de muito mais, não apenas para vencer, mas para sobreviver. Organização, tolerância, ajuda mútua, resistência física e mental, tudo para vencer os desafios que o corpo e a natureza impõem. Caco Fonseca, com sua longa experiência em corridas de aventura, conta nesta obra as dificuldades e alegrias de 12 das diversas provas que já participou. Com relatos sobre os diversos obstáculos superados nas modalidades de canoagem, escalada, corrida e mountain bike, o livro Corrida de aventura - A natureza é nosso desafio vai tirar seu fôlego!

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