

Trail Running - Bryon Powell Ler Ebook



Trail Running Bryon Powell ler ebook, Seguramente ya lo sabes, pero vives donde vives, desde una gran ciudad hasta un pequeño pueblo de montaña, siempre podrás encontrar algún camino a tu alrededor. Quizás ya llevas tiempo recorriéndolos o puede que sepas que existen pero nunca te hayas adentrado en ellos. Quizá estás cansado de correr por el asfalto y ahora quieres cambiar de modalidad.

Tanto si has decidido empezar a correr como si eres un experimentado corredor de montaña que quieres mejorar tus habilidades, este libro te ofrece los conocimientos esenciales que te ayudarán en este tipo de carrera, desde qué significa correr por la montaña, qué tipo de zapatillas necesitas, cuáles son las mejores técnicas para sacar el máximo partido a tu pisada, cuál es el equipamiento básico, consejos de hidratación y alimentación, planes para entrenar, orientación de salud y lesiones y una invitación a conocer carreras que te motivarán en tu objetivo.

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