



Atletas de Hierro. Preparación para el Ironman (Spanish Edition)

Don Fink

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Este libro presenta tres planes específicos de entrenamiento de treinta semanas para convertir al triatleta en un triatleta de hierro. En cada programa se detallan las sesiones concretas que se precisan a diario para lograr la meta, se explican las formas más eficaces de entrenar y las mejores técnicas para aprovechar el tiempo, en una combinación de métodos de entrenamiento con técnicas de dirección de empresa. El atleta aprenderá a distribuir su tiempo y a determinar cuánto tiempo quiere dedicar a entrenar para luego elegir su plan específico de entrenamiento. Este libro está dirigido a deportistas de fondo y triatletas que estén decididos a participar en un triatlón Ironman o deseen mejorar su forma física.

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