



60 Jours Pour Realiser Votre Meilleur Marathon: Un Guide Complet D'entrainement Physique Et Des Conseils Nutrition Pour Courir Plus (Paperback)

By Mariana Correa

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. 60 Jours pour Realiser votre Meilleur Marathon est le meilleur livre possible pour ameliorer votre vitesse, votre force, avoir une meilleure sante et avoir les cles d'une bonne nutrition en seulement deux mois. Avec des journees d'entrainements detaillees chaque jour, vous vous sentirez mieux. Toute personne peut devenir le meilleur, il faut beaucoup de travail acharne et de devouement, et un bon programme d'entrainement. Ce guide d'entrainement est complet, apprenez a faire un bon echauffement, faites des exercices specifiques, des exercices de pliometrie, d'abdominaux, des etirements et obtenez des conseils pour realiser un excellent Marathon. Garder votre corps en forme, solide et sans blessure. La nutrition fait partie de tout programme d'entrainement, rappelez-vous lorsque vous pensez avoir termine votre entrainement, vous ne l'avez pas tout a fait termine, du moins pas jusqu'a ce que vous ayez mange les nutriments necessaires pour votre corps. Vous trouverez ci-joint un chapitre complet avec 50 recettes Paleo pour chaque moment de la journee, qui permettront a votre corps de vous reconstituer entierement pour etre pret lors de...



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