

La Bible Du Running

Jérôme Sordello

La Bible du running Jérôme Sordello, 2022-03-10 Jérôme Sordello s'appuie sur sa longue expérience en tant que coureur, entraîneur et expert dans les médias spécialisés pour vous proposer un véritable ouvrage de référence, unique en son genre. Il regroupe les dernières avancées scientifiques et pratiques pour vous aider à optimiser votre entraînement en course à pied, que vous débutiez ou recherchiez la performance, et répond précisément à toutes les questions que vous vous posez, quels que soient votre niveau et vos objectifs. Santé et bien-être du coureur, le pied et la foulée, méthodologie et planification de l'entraînement, séances clés, préparation physique, psychologie, diététique, équipement, stratégie et tactique de course, gestion des épreuves... Pour en faciliter la lecture, chacun des 24 chapitres peut être consulté indépendamment en fonction de vos besoins. Cette nouvelle édition complétée et actualisée propose notamment des programmes d'entraînement totalement inédits, du 10 km au marathon. Présenté en grand format et en couleurs, avec une mise en page plus aérée pour un accès facilité aux informations, cet ouvrage qui s'est déjà vendu à 20 000 exemplaires s'installe plus que jamais comme la référence incontournable en running. De la théorie à la pratique, voici le support indispensable pour votre progression !

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The Library & Art Collection of Henry de Pene Du Bois, of New York. B Henri Pène du Bois,1887

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value filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the moving review, we will examine the book's key harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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