

Adharanand Finn

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Un libro de aventuras y descubrimientos que nos muestra cómo los keniatas corren tan rápido como los atletas olímpicos, pero con una preparación muy diferente.



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Patricia Whitehouse



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El libro de la Maratón MARC ROIG TIO, 2019-10-17 Lo más complicado de cualquier maratón es planificar y prepararse para la carrera y en este libro el maratonista y fisioterapeuta Marc Roig nos desvela toda la información necesaria para hacerlo en las mejores condiciones ya estemos empezando a correr o queramos mejorar nuestra marca. Conoceremos desde los principios básicos del entrenamiento: nutrición, hidratación, prevención de lesiones, ropa y calzado hasta los mejores consejos para hacerlo en condiciones de temperatura extremas o en medios alternativos: gimnasio, bicicleta, elptica, esquí de fondo, nordic walking. También descubriremos los métodos de entrenamiento de los mejores corredores del mundo: el keniano y el etope y cómo pueden ayudar el descanso, las cmaras hipobóricas, el masaje o la sauna en la preparación del organismo para el gran día. Con planes de entrenamiento específicos para corredores principiantes, intermedios y avanzados para marcar la diferencia.

Psicología del Deporte Vol 26, nº 2, 2017 José Manuel Aguilar Parra, 2017-11-03 La Revista de Psicología del Deporte fue fundada en 1992 y desde entonces su misión ha sido publicar trabajos originales de carácter científico que estén realizados con rigor metodológico y que supongan una contribución al progreso en el ámbito de la psicología del deporte. Se recogen trabajos de naturaleza teórica, experimental, empírica y profesional con preferencia para aquellos que presenten cuestiones actuales y de relevancia científica y discutan planteamientos políticos. Por lo demás, la interdisciplinariedad en el campo de la actividad física y deportiva es un objetivo de la Revista.

La magia del Volga José Moratinos Iglesias, 2015-08-11 Aprovechando su estancia en Rusia con sus inseparables amigos para participar en diversos maratones, el detective Silva es llamado para colaborar en la investigación de un extraño caso de asesinato de un empresario, así como desapariciones de diversos directivos de empresas en la zona de Volga. En el curso de su estancia en el país, nuestros amigos visitan importantes bibliotecas, profundizan en el conocimiento de la literatura soviética y conocen costumbres y tradiciones de las zonas visitadas. En esta obra, La magia del Volga, José Moratinos Iglesias, con el estilo vivo y dinámico que caracterizan a sus dos libros anteriores en torno a la carrera a pie, traza un completo diseño de la acción policíaca y detectivesca. Viene a ser como una tercera parte de *Ser feliz corriendo* y como una continuación de *Misterios en el maratón*, todas ellas publicadas por nuestra editorial. Se afianza el autor en el género de relato policial, pues en la obra intercala el misterio, la magia, la acción y muchos elementos culturales que enriquecen la narración. Es José Moratinos Iglesias un enamorado de la carrera a pie, de la literatura y de la investigación, y los tres factores se conjugan en lo que creemos que es la aportación más completa y acabada del autor en el campo de la narrativa, abriendo caminos innovadores en la novela policíaca.

Correr Con Los Kenyatas Adharanand Finn, 2013-10-15 Tras ver durante años cómo los atletas keniatas ganaban las principales carreras de larga distancia en todo el mundo desde las Olimpiadas hasta los grandes maratones urbanos, Adharanand Finn, colaborador de la revista *Runner's World*, emprendió la tarea.

La senda del corredor Adharanand Finn, 2016-04-13 Un viaje al mítico mundo del running japonés. Una gran mirada a la carrera de larga distancia en Japón. Si te gusta Correr con los

keniats seguro que disfrutar s con este libro Athletics Weekly Bienvenidos a Jap n la naci n m s obsesionada con el running un pa s con una cultura de la carrera a pie distinta de cualquier otra una carrera de relevos de 217 kil metros el ekiden constituye el mayor acontecimiento deportivo anual del pa s Miles de corredores profesionales compiten defendiendo equipos de empresa en algunas de las carreras de m s alto nivel del planeta Los legendarios monjes maratonianos corren mil maratones en mil d as para alca nzar la iluminaci n espiritual Sin embargo gran parte de la cultura del running japon s sigue siendo un misterio para los ajenos a ella al igual con muchos de los aspectos diferenciadores del Jap n contempor neo Adharanand Finn pas seis meses inmerso en esta peculiar cultura atl tica para descubrir qu pod a ense arnos sobre el deporte y sobre Jap n Como atleta aficionado a punto de cumplir cuarenta a os Finn tambi n esperaba descubrir si la estrategia de entrenamiento japonesa pod a ayudarle a correr m s deprisa Lo que aprende sobre la competici n sobre el trabajo en equipo el estilo de carrera la b squeda de marcas personales y sobre s mismo fascinar y sorprender a cualquiera con ganas de averiguar por qu corremos y c mo podr amos hacerlo mejor Rese as Qu aventura Me fascin desde la primera p gina Un reconfortante viaje a un mundo maravilloso cuya existencia desconoc a hasta que Finn me arrastr all Christopher McDougall autor de Natural Born Heroes y Nacidos para correr El retrato de la escena atl tica japonesa de Adharanand Finn es incisivo y seductor Capta las razones que hay detr s de su xito trabajo intenso admiraci n del p blico y generoso respaldo de las empresas Pero tambi n explora los retos que afronta en particular la lucha entre lo viejo y lo nuevo entre tradici n y modernidad que se reflejan en otros aspectos de la sociedad japonesa Una lectura fascinante Mara Yamauchi Cautivador La senda del corredor nos llevar al otro lado del muro en la tierra del sol naciente Newsweek Brillante divertido encantador y sabio Finn proyecta luz sobre una forma de vida que pone la carrera en el coraz n de su cultura y muestra por qu la senda del corredor la carrera y la preparaci n pero tambi n la cultura la dieta y los h bitos es realmente una forma de vida a la que todos nosotros corredores y no corredores por igual deber amos aspirar Robin Harvie autor de Why we run El placer de correr Thaddeus Kostrubala,1980 **The Running Book / Correr** Maya Glass,2003-12-15 Pictures and brief captions describe the movements involved in running **Qué puede correr?** Patricia Whitehouse,2003 Introduces the principles of running and explores the insects animals people and machines that can or cannot run **Por qué y cómo correr** George Sheehan,1981 *Correr y vivir* ,

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