



Triathlon Da Mediocre ad INCREDIBILE: Una guida completa per ottenere risultati migliori (Italian Edition)

Mariana Correa

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Triathlon Da mediocre a INCREDIBILE è il libro piú completo in circolazione per tutti gli atleti del Triathlon che cercano risultati migliori. Con la perfetta combinazione ed ispirazione tu sarai sulla strada per il successo. L'autrice, Mariana Correa, è una ex atleta professionista e una nutrizionista dello sport certificata che ha gareggiato con successo in tutto il mondo. Condivide anni di esperienza sia come atleta che come allenatrice dando un punto di vista impagabile. Questo libro va oltre il soggetto del Triathlon. Ti ispira ad eccellere e ti sfida a sognare oltre le tua abilità. Viene spiegato ogni aspetto per avere successo incluso l'allenamento mentale, l'idratazione, l'alimentazione e molto altro in modo chiaro e semplice da comprendere. Dopo aver letto questo libro sarai sulla strada per essere piú sano, piú in forma e piú felice.

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