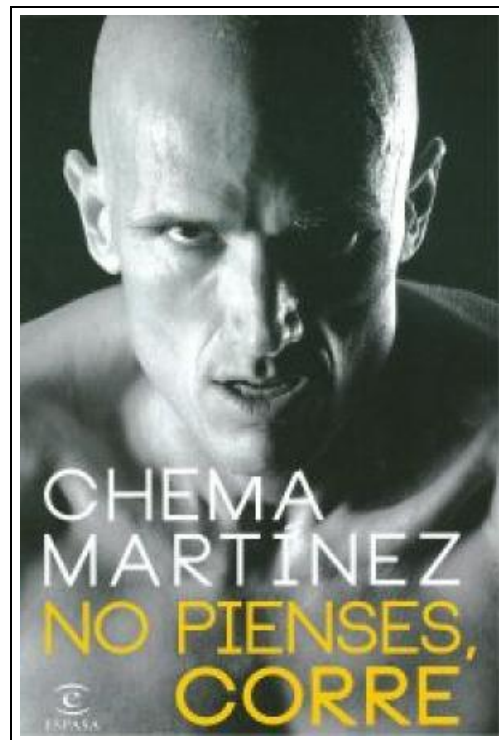


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ESPASA CALPE, 2013. Condition: Nuevo. Chema Martínez, uno de los grandes de nuestro atletismo, te desvela todos sus secretos para llegar a ser un experto runner. Aquí encontrarás toda la información necesaria para afrontar este reto: la alimentación más adecuada, la mejor indumentaria, tablas de entrenamiento, los trucos para saber aguantar, etc. Toda la ayuda que necesitas para ser un buen corredor de la mano del más reconocido de los atletas. NO LO PIENSES MAS. CORRE* * *Mi pasión es el deporte y mi vida gira en torno a él. Después de muchos años en la alta competición y con la fortuna de haber saboreado el triunfo, sigo disfrutando y viviendo cada entrenamiento con la misma ilusión y afrontando mis retos con el mismo entusiasmo. Podría decirse que, en este momento, estoy en el último kilómetro de mi maratón y voy hacia la meta sin miedo porque sigo siendo un aficionado más. Por ello, y con toda la experiencia adquirida durante estos años, en este libro me atrevo a dar consejos para animar, ayudar o motivar a todos aquellos que quieren empezar en este maravilloso mundo del running. Puedes seguirme en Twitter @chemitamartinez.



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