

Descargar Libro En Línea PDF Epub Mobi Español ¡A Correr! - Alma Obregón



Descargar libro en línea PDF epub mobi Español ¡A correr! Alma Obregón , Alma Obregón nos narra en ¡A correr! una historia de crecimiento personal gracias al running. No trata de una moda deportiva pasajera sino de una forma de vida y de cómo el esfuerzo y la superación te ayudan a alcanzar tus metas.

Alma Obregón relata de una manera muy cercana y amena cómo empezó a correr, cuáles fueron los motivos para que germinase en ella la pasión que ahora siente por este deporte y cómo gracias a él ha conseguido superar varios momentos difíciles de su vida. La autora hila un magnífico e íntimo relato en el que recapitula sus experiencias personales en el mundo del running para transmitir un mensaje: si quieres, puedes.

Comenzar por una carrera popular asequible, seguir con una media maratón y finalmente entrenarse para maratones y ultramaratones es una tarea difícil pero alcanzable si te mentalizas para llegar a esa meta. Alma comparte en estas páginas su experiencia personal para que tú lo logres.

La autora, con la colaboración de un gran experto en running, Agustín Rubio, de Madrid Running Company, entrelaza el relato de sus vivencias con consejos prácticos sobre la mejor indumentaria para comenzar a correr, cómo elegir las zapatillas, ejercicios para ir superando la propia marca y otras recomendaciones útiles para no lesionarse. Además, al hilo de la narración, la autora comparte las mejores dietas y recetas para runners: energéticas, bajas en calorías, sanas y tremendamente apetitosas.

Descubre la experiencia runner de Alma en: <http://blogs.runners.es/elblogdealma/>

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