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Disfruta del Mountain Bike al máximo aplicando las técnicas de entrenamiento de Planifica Tus Pedaladas BTT.

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- El entrenamiento en gimnasio. Ejercicios de pesas indispensables para ganar potencia
- Deportes compatibles con el entrenamiento para Mountain Bike.

El Autor de Planifica Tus Pedaladas BTT, Chema Arguedas es el entrenador y experto en nutrición ciclista más reconocido del panorama Hispano / Hablante. No dejes la oportunidad de tener esta guía indispensable sobre entrenamiento ciclista.

Planes de entrenamiento completos para que luches por el podium en las próximas carreras!

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Es un libro útil para programar la temporada en Mountain Bike, especialmente para los que se inician en el mundo de las pedaladas. Proporciona una guía práctica para planificar el entrenamiento. Después de leerlo queda clara la importancia de un entrenamiento progresivo, con una primera parte de acondicionamiento general (normalmente tres meses) y otra de entrenamiento específico (dos meses). Los casos proporcionan motivación y justifican el entrenamiento basado en el pulsómetro, para controlar la frecuencia cardiaca, y en consecuencia en la cadencia de pedaladas. También insiste en la importancia de las fases de recuperación y descanso, así como en la necesidad de individualizar el entrenamiento.

Está escrito de forma amena e interesante. Proporciona muchos ejemplos y casos de planificación. De hecho,

la respuesta a preguntas y dudas que habitualmente recibe el autor resultan de lo más interesante y útil para quien esté planificando su temporada ciclista. Ilustra muy bien los errores más habituales en la preparación física y el entrenamiento. Es una pena que abunden las erratas, los errores gramaticales e incluso alguna falta ortográfica. La edición tendría que haber sido más cuidada.

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