

¡El libro sobre entrenamiento para maratones para todos!

Preparar una maratón

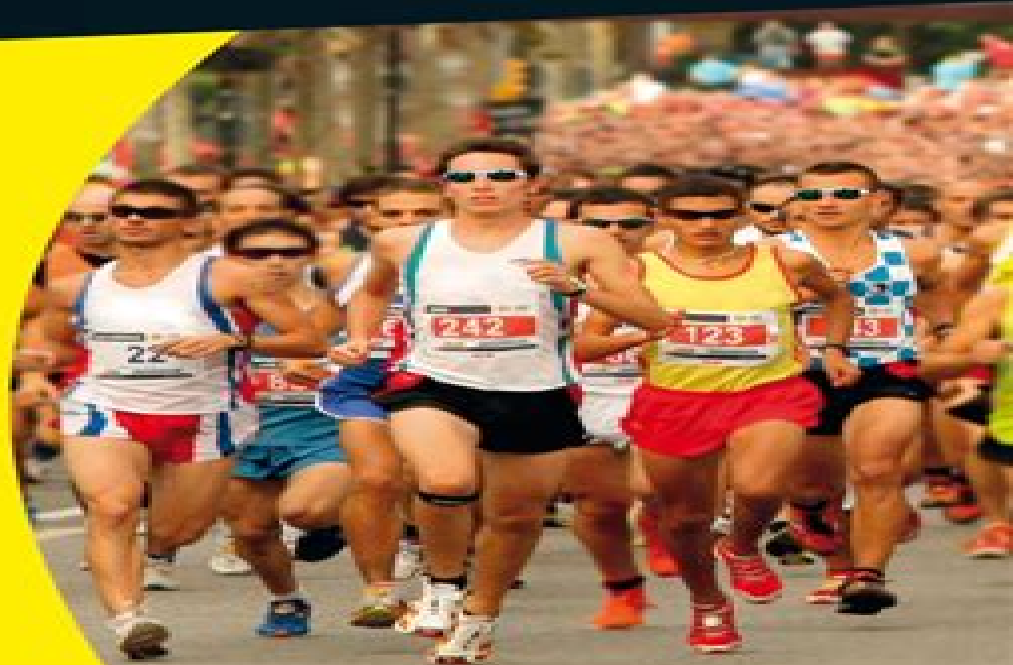
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Aprende a:

- Prepararte física y mentalmente para correr tu primera maratón
- Trazar un plan de ejercicios y rutinas progresivo, partiendo de tu nivel real de forma física
- Trucos mentales y físicos para conseguir llegar a la meta o mejorar tu tiempo

Tere Stouffer

Corredora de maratones profesional



Preparar Un Maraton Para Dummies

**Luke Humphrey, Keith Hanson, Kevin
Hanson**



Preparar Un Maraton Para Dummies:

Preparar una maratón para Dummies Tere Stouffer, 2014-02-18 Prep rate bien y corre hasta la línea de meta Si quieres entrenar para correr una maratón esta guía te será realmente útil pues divide todo el proceso de preparación en etapas claras y asequibles Tanto si eres un principiante como si ya llevas unos cuantos kilómetros en las zapatillas Tere Stouffer se convierte en tu entrenadora personal y comparte contigo sus técnicas de estiramiento ejercicios mentales planes para aumentar tu kilometraje una dieta adecuada y los trucos de los grandes corredores para hacer que el día de la carrera sea un éxito El pistoletazo de salida equipo zapatillas evaluación de tu estado de forma física todo lo que necesitas para empezar a entrenar De la primera zancada hasta los 42 195 kilómetros cómo incrementar tu distancia y bajar tu marca perfeccionar tu técnica y alimentarte como un buen maratonista Si te rompes prevenir tratar y recuperarte de las lesiones más comunes de los corredores de largas distancias Planificar tu estrategia de carrera para que la emoción del día D no te nubla la cabeza no hay nada mejor que prever cada detalle desde la ropa que te vas a poner hasta cómo vas a volver a donde hayas dejado el coche o los hitos que van a marcar tus tiempos parciales

Triatlón para Dummies Victor Manuel del Corral Morales, 2016-02-09 Manual muy completo para prepararse para un triatlón Victor del Corral explica los ejercicios que él practica para la preparación física específica de cada una de las etapas natación bicicleta y maratón poniendo especial énfasis en la prevención de lesiones y desfallecimiento El autor también aborda el entrenamiento psicológico y la motivación para esta larga prueba de resistencia así como las claves de una buena nutrición e hidratación El libro incluye anécdotas de la experiencia de Victor del Corral en las competiciones en las que ha participado

Guía de Medio Maratón para Principiantes Scott Geist, Scott O

Morton, 2017-10-12 **ENTRENAMIENTO DE MARATÓN PARA PRINCIPIANTES** David A. Whitsett, Forrest A.

Dolgener, Tanjala Mabon Kole, 2007 Siguiendo paso a paso el programa de entrenamiento que presenta este libro estarás listo para correr tu primer maratón en dieciséis semanas Este manual se basa en el curso que los autores imparten con gran éxito en la University of Northern Iowa EE UU y en el que se integra el entrenamiento físico con los aspectos psicológicos de los deportes de fondo En cada capítulo que se divide en tres apartados se cubre una semana de entrenamiento en el primer apartado se presentan técnicas mentales para usar mientras se entrena y se corre el maratón en el segundo se explica el programa de entrenamiento para la semana correspondiente y el tercero incluye anécdotas y sugerencias de personas que asistieron al curso y corrieron su primer maratón El último capítulo explica que se debe hacer durante las semanas posteriores al maratón para tener una buena recuperación El Dr David A Whitsett es profesor de psicología en la University of Northern Iowa El Dr Forrest A Dolgener es profesor de Fisiología del ejercicio en la University of Texas en Austin EE UU Tanjala Mabon Kole es licenciada en psicología por la University of Northern Iowa y fue alumna del curso de maratón en que se basa este libro

Método Hanson de entrenamiento para maratón Luke Humphrey, Keith Hanson, Kevin Hanson, 2016-02-19 El proyecto hanson brooks de corredores de fondo ha barrido el panorama del atletismo de EE UU como un huracán convirti

ndose su grupo en uno de los equipos de atletismo de mayor xito Proyecto conocido por su talento irreverente y por una carrera larga de 25 6 kil metros muy poco convencionales los miembros de este equipo han subido al podio en los maratones m s grandes de Estados Unidos y han accedido al equipo ol mpico estadounidense Ahora puedes aprender los secretos de este equipo y rendir a ritmo de r cord personal en tu pr ximo marat n Por medio de la combinaci n de ciencia y pr ctica el M todo Hanson de entrenamiento para Marat n se inicia teniendo tu meta en mente y preparando el cuerpo para los duros kil metros finales de un marat n todo ello mediante Carreras largas de menor kilometraje que dan prioridad a la calidad sobre la cantidad Sesiones de velocidad sesiones de fuerza y carreras cronometradas centradas en conseguir el ritmo marcado Pautas cruciales para la nutrici n e hidrataci n con el fin de no tocar techo durante el marat n Planes detallados de entrenamiento para corredores principiantes y de nivel avanzando Los entrenadores Keith y Kevin Hanson rompen con las viejas reglas y se adentran en terreno desconocido eso s combinando ciencia y estrategia para que todos los corredores hagan su mejor carrera Su m todo expuesto en t rminos claros y de f cil comprensi n te dota de los conocimientos los medios y los planes de entrenamiento que necesitas para correr tu mejor marat n y conseguir el r cord personal que hab as so ado **El libro de la Maratón** MARC ROIG TIO,2019-10-17 Lo m s complicado de cualquier marat n es planificar y prepararse para la carrera y en este libro el maratonista y fisioterapeuta Marc Roig nos desvela toda la informaci n necesaria para hacerlo en las mejores condiciones ya estemos empezando a correr o queramos mejorar nuestra marca Conoceremos desde los principios b sicos del entrenamiento nutrici n hidrataci n prevenci n de lesiones ropa y calzado hasta los mejores consejos para hacerlo en condiciones de temperatura extremas o en medios alternativos gimnasio bicicleta el ptica esqu de fondo nordic walking Tambi n descubriremos los m todos de entrenamiento de los mejores corredores del mundo el keniano y el et ope y c mo pueden ayudar el descanso las c maras hipob ricas el masaje o la sauna en la preparaci n del organismo para el gran d a Con planes de entrenamiento espec ficos para corredores principiantes intermedios y avanzados para marcar la diferencia

Running a Marathon For Dummies Jason Karp,2012-11-13 Get ready to run the race of your life Marathons in the U S have seen record increases in participation during the past few years Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race and shows experienced runners how to take their game to the next level Running a Marathon For Dummies gives you exercises programs and tips to improve your running stamina speed and overall health It takes you from sitting on the couch through running your first 26 2 mile marathon and beyond For seasoned runners Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills exercises and other techniques Provides a timed training promise for runners of all skill levels from non runners first marathoners and mid race runners to more experienced runners Includes information on how running increases heart strength keeps illnesses away keeps arteries clear and improves a person s mood Gives you drills exercises and techniques to improve your endurance Whether you re a couch potato or a regularly hit the asphalt Running a Marathon For

Dummies gives you everything you need to run the race of your life Guía útil para runners principiantes Juan Carlos Arjona, 2023-10-10 Este audiolibro está narrado en castellano Todo experimento supone una novedad Salir a correr por primera vez puede convertirse en la novedad más recordada de tu vida como la primera vez que te pusiste unos zapatos nuevos o un experimento que jamás quieras volver a probar La diferencia estriba en si el día que estrenaste aquellos zapatos te rozaron y te marcaron con un dolor terrible o si aquella tarde triunfaste con ellos Y como los zapatos caminar no viene con libro de instrucciones Aprendes lo memorizas y ya no lo olvidas Luego te atreves a correr o te obligan Siempre hay una primera vez para todo y en muchos casos sin manual técnico Así nace esta guía que tienes entre manos como una acumulación de experiencias que Juan Carlos Arjona ha seleccionado para que tu primera salida con zapatillas y ropa de deporte se convierta en un recuerdo duradero Con errores que puedes evitar consejos que tienes que seguir recomendaciones que no debes olvidar y trucos que memorizar A lo largo de 30 capítulos te muestra lo más básico que te hará crecer como runner Juan Carlos Arjona conoce y entiende el atletismo y te descubre esos puntos fuertes que necesitas tener en cuenta para que no se conviertan en puntos débiles como rozadura de zapato nuevo Y como un entrenador que conoce bien su oficio te conducirá por una guía sin ataduras ni desencantos Solo hace falta que tengas un motivo una excusa para dejarlo todo por un momento y salir a correr como si fuese la primera vez Pero con las 30 lecciones aprendidas Si aquella primera vez tuvo un sentido una fuerza especial ello debe ser tu calizador de cada día con el que enfrentes tus obstáculos de la jornada Correr te hará sentir bien alimentará tu rutina Pero no olvides que el running no tiene límites y si algún día olvidas el motivo esta guía con sus líneas sobre hidratación estiramientos planificación técnicas de carrera y tantas otras cuestiones afianzarán de nuevo tus pasos y serás capaz de volver a vivir el runner que llevas dentro Juan Carlos Arjona nació en Caceres en 1977 Entrenador deportivo Personal Trainer fundador del equipo Atletismo Arjona apasionado por el deporte y runner con 46 Carreras Populares 50 Medias maratones 12 Maratones y 6 Trail Sus principios pasan por vencerse a uno mismo olvidar el entrenamiento perdido no probar nada nuevo el día de la carrera levantar siempre los brazos pase lo que pase entrenar con la intensidad equilibrada para el éxito y sobrevivir al dolor porque es pasajero Solo el orgullo es para siempre Tertuliano de El Sol sale por el oeste Canal Extremadura Radio y columnista en Sol Deportivo Actualmente entrena a 387 corredores de 14 países

A 42 kilómetros de la felicidad José María Gallego, 2013 **10 pasos para empezar a correr** Ismael Allagui Díez, 2025 Has soñado alguna vez con una transformación radical y con ser feliz ESTE ES EL LIBRO QUE CAMBIAR TU VIDA Y no es solo una promesa es una invitación a embarcarte en una de las aventuras más gratificantes y accesibles correr Desde mejorar tu autoestima hasta revitalizar tu salud hacer running ofrece innumerables beneficios Si quieres descubrir cómo practicar deporte puede ser el motor para tu transformación y conseguir un mayor bienestar este libro es para ti CORRER O HACER RUNNING TE TRANSFORMAR No necesitarás más para vivir mejor Correr potenciará tu energía y se volverá esencial en tu día a día Pero cómo empezar en el mundo del running 10 pasos para empezar a correr te guiará en este camino

Descubrir s los recursos para crear y mantener el h bito de entrenar Aprender s t cnicas diversas para empezar a correr
Conocer s y podr s poner en pr ctica diversos planes de entrenamiento desde cero adecuados tanto para principiantes como
para corredores experimentados Asociar s correr con algo positivo Adem s no solo adquirir s conocimiento t cnico sino que te
adentrar s en el viaje personal del autor donde demuestra c mo el running puede ser un catalizador para el cambio y puede
ofrecer amistad aventura y la oportunidad de convertirse en una versi n m s fuerte de uno mismo Este libro est escrito por
Ismael Allagui ismanon en Instagram atleta con marcas como 15 00 en 5 km o 31 27 en 10 km estudiante del grado en
Ciencias de la Actividad F sica y del Deporte y creador de contenido con m s de 1 mill n de seguidores entre todas las
plataformas Correr cambi la vida de Ismael y ahora tambi n puede cambiar la tuya Ismael luch contra el sobrepeso para
convertirse en un referente en el mundo del running Su historia es la prueba de que los cambios m s grandes comienzan con
pasos peque os Si est s listo para darle un giro a tu vida para explorar tus l mites y descubrir tu mejor versi n no esperes m s
Empieza hoy y no mires atr s encuentra tu ritmo y da paso a tu nueva vida

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