



Resistencia y entrenamiento: Una metodología práctica (Deportes nº 24) (Spanish Edition)

Mariano García-Verdugo Delmas

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Esta obra desarrolla los conceptos necesarios para planificar, programar y ejecutar un entrenamiento de la resistencia utilizando la bioenergía. El entrenador será capaz de determinar, de manera más aproximada a la realidad del entrenamiento, las diferentes características de las cargas con las implicaciones en la capacidad de resistencia u otras capacidades que deben ser trabajadas teniendo en cuenta el consumo de energía. Así, podrá elaborar un entrenamiento adecuado para cada deportista al ubicar cada carga en el plano bioenergético. Mariano García Verdugo es Director del Área de deportes de la Universidad de Santiago de Compostela (España) y Responsable Nacional de las Pruebas de Medio Fondo de la Real Federación Española de Atletismo.

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