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El Entrenamiento del Salto Con Pertiga. Programacion del Ciclo de Verano (Paperback)

By Javi Navas

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****.El canal de Youtube Polvöltim recibe cientos de visitas cada día. Ahora, esos videos sirven de apoyo a esta serie de manuales sobre el entrenamiento del salto con pertiga. No te asustes, no tendras que teclear nada, tan solo deberas escanear el código QR con la camara de tu telefono movil y veras en la pantalla el video que ilustra el tema que se este tratando. Si no tienes instalado ningun lector de códigos QR, no te preocupes, te lo puedes descargar de forma gratuita desde tu telefono movil igual que cualquier otra aplicacion. Este tercer manual se ocupa de la programacion del ciclo outdoor o de aire libre (verano). Complementa al manual sobre planificacion y al de programacion del ciclo de invierno y es recomendable tener estos, o al menos el del ciclo invernal, para aprovechar mucho mejor este. Aqui encontraras un completo plan de entrenamiento para cada uno de los mesociclos del ciclo, aunque conviene advertir que debes ser tu, como entrenador de salto con pertiga, quien los adapte a tus atletas. Se ha utilizado un lenguaje sencillo...



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