



Triatlón del Principiante Al Ironman (Spanish Edition)

Isabelle Mouthon

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Al principio, el triatlón era una prueba de 3,8 km de natación, 180 km de bicicleta y un maratón, nos referimos al famoso ironman de Hawai, nacido en 1978. Sin embargo, en la actualidad, este deporte extremo, que en el 2000, en Sydney, se convirtió en disciplina olímpica, es accesible a todo el mundo, hombre, mujeres y niños, según su nivel y disponibilidad. El triatlón, del principiante al ironman, escrito por Béatrice e Isabelle Mouthon, unas de las mejores triatletas del mundo, en colaboración con Dominique Bouchet, periodista y triatleta, propone una perspectiva de esta disciplina. Proporciona todas las informaciones necesarias para conocer y practicar el triatlón, desde la historia hasta los campeones, pasando por el material y la dietética. Asimismo, gracias a planes de entrenamiento muy detallados, así como a ejercicios de preparación física y estiramientos, describe todo lo que hay que saber en la práctica del triatlón de placer o de competición. Libro de referencia sobre el triatlón, esta obra ayudará al entrenamiento tanto de principiantes como de triatletas experimentados.

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