



Do Mediano ao TRIATHLON EXTRAORDINARIO: Um guia completo para obter melhores resultados (Portuguese Edition)

Mariana Correa

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Do Mediano ao Triathlon Extraordinário é o melhor e mais completo livro que existe, para aquele triatleta que está em busca de melhores resultados. Com a combinação perfeita e inspiração para que você esteja à caminho da grandeza. A autora Mariana Correa é uma ex-atleta profissional e nutricionista esportiva certificada, que competiu com sucesso em todo o mundo. Ela compartilha anos de experiência como atleta e como treinadora, trazendo uma perspectiva inestimável. Este livro vai além do assunto sobre Triathlon. Ele inspira você a se destacar, e se atrever a sonhar além de suas habilidades. Todos os aspectos para ter sucesso são explicados, incluindo treinamento mental, hidratação, nutrição e muito mais; de uma forma clara e fácil de entender. Depois de ler este livro, você estará no caminho para ser mais saudável, mais apto e mais feliz.

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