

Ezgo Marathon Manual

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this manual for beginners covers all aspects of the training required to train for a marathon

dieses buch bietet einen umfassenden Überblick über den bereich des ultralangstreckenlaufes neben der geschichte des ultramarathons werden einleitend kurz die deutschen und internationalen verbände und meisterschaften präsentiert anschließend werden ausgewählte nationale und internationale laufveranstaltungen beschrieben im hauptteil erhalten breitensportler und ambitionierte läufer eine kompetente anleitung die es ihnen ermöglicht ein strukturiertes training für die ultradistanzen durchführen zu können pläne für 50 km 100 km 180 km sowie mehrtages und etappenläufe werden vorgestellt hier erfahren läufer was sie tun müssen um diese leistungen vollbringen zu können es wird u a aufgezeigt dass der trainingsaufwand auch für interessierte marathonläufer möglich ist und gar nicht so weit von einem guten marathoning entfernt liegt informationen zur richtigen ernährung zu orthopädischen problemen zu typischen beschwerden bei ultraläufern sowie zum mentaltraining bieten optimale vorbereitungsmöglichkeiten für einen ultralauf abschließend werden hinweise zur ausrüstung gegeben auch weiterführende

literatur sowie nützliche links finden sich am ende des buches neben dem training bringt das buch dem leser auch die faszination dieses sports näher und lässt die scene durch 10 portraits bedeutender läufer und läuferinnen sowie durch ausgesuchte laufgeschichten mit all ihren facetten lebendig werden

elite marathon training ist das perfekte buch für echte marathonläufer die einen marathon unter 4 stunden laufen wollen durch eine einzigartige vorgehensweise werden sie sich jede woche bis zu ihrem marathonerfolg verbessern sie werden diese meilen über die ganze woche verteilen so dass sie einfache tage haben kombiniert mit läufen mit präzisiertem tempo bergauf training training mit geschwindigkeit und vielem mehr läufer werden ihren körper und geist darauf vorbereiten an der wand vorbei zu laufen und direkt persönliche rekorde zu erreichen mit einem erstaunlichen und einfachen zeitplan für leichteres laufen und geringere laufleistung das geheimnis liegt in den details dieses buch wird ihnen mitteilen wie sie ein gesünderer schnellerer und fitterer läufer werden können 13 wöchiges lauftrainingsprogramm mit täglichem tagesablauf ernährung und hydratation zur vorbereitung auf den erfolg die beste regeneration um ihren körper in topform zu halten verbessern sie ihr tempo verkehrssicherheit mentale fitness und noch vieles mehr jeder aspekt ihres lebens hat das potenzial ihre geistige und körperliche leistungsfähigkeit zu beeinflussen weshalb dieses buch alles von schlaf ernährung hydratation erholung training und vielem mehr behandelt verwenden sie dieses programm und die beratung von anfang bis ende damit sie sich mit ihrem laufen sicher und stolz fühlen können

this manual for beginners and improvers covers all aspects of the training required in the run up to the marathon both authors share the the running wisdom they have learned along the way using their contrasting experience to offer a rounded manual liz mccolgan is the experts expert whilst cathy shipton is truly one of us a total beginner starting from scratch and going on to complete her marathon this comprehensive guide covers all areas of running and marathon preparation including running shoes and sports clothing diet what to eat when you re training your body how it works when you run avoiding injury how to warm up and warm down fitness work out how fit you really to ensure you set the right training schedule for your ability week by week training schedule and be prepared how running will effect your life liz mc colgan is the most famous marathon runner in the uk and cathy shipton is television s much loved nurse duffy in casualty

back cover presents six graded training schedules to take you from beginner to long distance and even marathon runner includes schedules you can use to build your general fitness level help you lose weight and improve your well being offers expert advice on how to find the right running shoes based on your personal running profile provides essential guidelines for avoiding injury and building fitness safely and effectively more than 150 color

photos charts and illustrations front flap whether you re an absolute beginner or an experienced runner you ll find the advice and information you need in this book to improve your performance six graded training schedules take runners from a beginner s regimen all the way to marathon level competition depending on your current state of fitness and experience you can start with the program that best suits your skill level authors sean fishpool and sean keogh also include valuable advice about running shoes with information on available types and tips on making the right choice to suit your personal running style detailed charts will help you gauge your weekly progress at refresher level intermediate level and marathon level back flap sean fishpool is a competition runner and an assistant editor of the u k periodical runner s world he races all distances from a mile to a full marathon and has competed in eight marathons he enjoys training and working with beginning runners sean keogh is a dedicated marathon runner who has recently started a long distance running club in north london he also coaches amateur hockey and has written on physical fitness

60 tage zu ihrem besten marathon ist das beste buch um ihre geschwindigkeit kraft gesundheit und ernährung in nur zwei monaten zu verbessern mit einer detaillierten täglichen trainings sitzung werden sie besser aussehen und sich besser fühlen jeder kann in seiner bestform sein es wird harte arbeit und hingabe und das richtige trainingsprogramm erfordern diese anleitung zum stärke training kommt komplett mit aufwärmübungen körperspezifischem training plyometrischen Übungen bauchtraining abkühlungen und tipps für das beste ironman überhaupt halten sie ihren körper stark und verletzungsfrei die ernährung ist ein großer teil jedes trainingsprogramms denken sie daran wenn sie glauben sie sind mit dem training fertig dann wenigstens bis dahin nicht bis sie einige nährstoffe im körper abgelegt haben sie finden darin ein ganzes kapitel mit 50 paleo rezepten für jede tageszeit und ermöglichen ihrem körper so sich voll und ganz für ihr folgendes training wieder aufzufüllen nachdem sie diese 60 tage abgeschlossen haben werden sie in der lage sein schneller zu laufen unerwünschtes körperfett zu verlieren muskelwachstum zu erhöhen ihre ausdauer zu steigern ihre gesundheit und ernährung zu verbessern und vieles mehr

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