

Paul Van Den Bosch

COMPLEET HANDBOEK

LOOPTRAINING

VAN JOGGEN
TOT MARATHON



Looptraining van A tot Z

Trainingschema's voor beginners
en gevorderden

Uitbreiden van de loopafstand
tot 42,195 km

Verfijning van de looptechniek door toepassing van de laatste wetenschappelijke inzichten

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