

LA DIETA **INTELIGENTE** PARA RUNNERS

LA HERRAMIENTA DIETÉTICA
NECESARIA PARA TODOS
LOS CORREDORES

Prólogo de Albert Bosch
Con la participación de:
Enma Roca y François
Lefebvre

Josua M. González
Julia Parri
Arabel Fernández
Ana Sainz
Jessica Rivero



Imagery del movimiento con
alimento

La Dieta Inteligente Para Runners Salud De Vecchi

Albert Grabulosa



La Dieta Inteligente Para Runners Salud De Vecchi:

La dieta inteligente para runners Juana María González, Julia Farré Moya, Anabel Fernández Serrano, Anna Sauló, 2018-09-07 El running es un deporte que practican millones de personas en todo el mundo y que nos proporciona un estilo de vida saludable y nos ayuda a mejorar nuestra salud física y mental se trata de un ejercicio que se puede realizar a diferente intensidad y duración y a distintas edades Este libro escrito por el equipo de Alimmenta en la misma línea que La dieta inteligente ofrece toda la información que necesita un deportista para realizar la planificación nutricional de su dieta diaria a lo largo de las distintas etapas de su vida de corredor fase de entrenamiento con niveles progresivos fase de competición y fase de descanso Propone un programa para reducir el peso corporal y expone todos los puntos clave y los parámetros que determinan el gasto energético y por lo tanto la energía que debe aportar la dieta para un correcto desempeño de la actividad física de un runner Las autoras proporcionan los mejores consejos para que cada lector pueda establecer sus planes de entrenamiento y mejorar progresivamente el rendimiento en sus carreras así como reducir el tiempo en las distintas competiciones de manera notable sin afectar a su salud Al contrario

Guía de alimentación para runners Albert Grabulosa, 2015-02-17 Consejos sobre hábitos alimentarios salud y rendimiento deportivo Unos hábitos alimentarios adecuados no solo contribuyen a mejorar el rendimiento del deportista sino también a su bienestar en general Comer bien mejora la recuperación tras el ejercicio físico reduce los síntomas de fatiga ayuda a prevenir lesiones musculares y por encima de todo influye positivamente en la salud Guía de alimentación para runners es un libro dirigido principalmente a deportistas aunque extrapolable a la población en general cuyo objetivo principal es fijar unas bases nutricionales estables con las que mejorar la salud y el rendimiento físico de los corredores y de cualquier persona interesada en adquirir unos buenos hábitos de alimentación Este libro pretende avanzar en la dirección de la coherencia del sentido común y de la sensatez alimentaria Una reivindicación de la dieta mediterránea aunque aplicada al deporte y especialmente a los corredores de fondo

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