

Paul Van Den Bosch

COMPLEET HANDBOEK

LOOPTRAINING

VAN JOGGEN
TOT MARATHON



Looptraining van A tot Z

Trainingschema's voor beginners
en gevorderden

Uitgebreide informatie over
voeding

Verfijnde techniek door toepassing van
snelheids- en krachttraining

Spaanseding voor betere prestaties

DELTA

Hardlopen Handboek Van Prestatieloop Tot Marathon

DK

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