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Pedaladas Bajo Techo - Guía De Entrenamiento Ciclista Para Rodillo: Entrenamiento Para Ciclismo Indoor (5) (Spanish Edition)



Synopsis

Pedaladas Bajo Techo es la guía definitiva para entrenamiento ciclista indoor. ¿Tienes poco tiempo para entrenar?, No hay problema, si sigues los planes de entrenamiento de Pedaladas Bajo Techo en tu Rodillo, podrás superar tus objetivos por ambiciosos que sean. En el libro encontrarás planes de entrenamiento para Pulso y para Watios, todo tipo de variantes posibles según la disponibilidad que tengas para entrenar y todos los detalles para poder sacarle el máximo partido a tu Rodillo.

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Customer Reviews

I like this book, It give me a lot of ideas for my training plan

Muy buen libro 100% recomendable

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