



# Entrenamiento del ciclista (Deportes n° 12) (Spanish Edition)

*Chris Carmichael, Jim Rutberg*

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Si amas el ciclismo, pero siempre te falta tiempo para entrenar, Entrenamiento del ciclista te devolverá a la cabeza del pelotón en 6 horas a la semana. Eso es, seis horas a la semana es todo lo que necesitas para desarrollar una condición física competitiva y recuperar la capacidad de ganar carreras. El revolucionario programa de entrenamiento diseñado por Chris Carmichael, que incluye sesiones de bajo volumen y alta intensidad, se adecuará a tu estilo de vida y te ayudará en la consecución de tus objetivos. Probado en miles de ciclistas en todo el mundo, Entrenamiento del ciclista conseguirá que: -Fuerces el ritmo en tus habituales salidas en grupo. -Alcances los mejores resultados en las series de campeonatos regionales. -Te prepares para cualquier prueba de fondo o gran fondo, así como para las carreras benéficas. -Desarrolles tu resistencia para afrontar pruebas complicadas, disputadas en varios días consecutivos. Ya seas un excompetidor, un ciclista que se desplaza en bici hasta el trabajo cada día y quiere mejorar su forma, un ciclista de ciclo-cross que quiere sacarle todo el provecho a una corta temporada competitiva, o uno de mountain bike con la vista puesta en una ambiciosa carrera de resistencia, este libro te ayudará a lograr tu mejor rendimiento, y todo ello sin exigirte más tiempo del que dispones ahora mismo.

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