



Consigli e Suggerimenti per la tua prima maratona (Italian Edition)

Giuseppe Pitzalis

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Prepararsi a correre una maratona con rispetto verso se stessi, avendo il giusto buon senso, senza forzare, senza spirito competitivo, ma con l'obiettivo di arrivare a correrla bene, in modo sano. Se già oggi corri due o tre volte alla settimana, hai tutto quello che serve dentro di te. La preparazione a questa corsa può essere una meravigliosa esperienza di crescita personale, se affrontata nella giusta maniera. Non seguo tabelle d'allenamento specifiche o un'alimentazione particolare, mi "ascolto" e asseco il momento che sto vivendo, senza esagerare. Ho corso 33 Maratone, so di cosa parlo. In questo libro spiego il mio punto di vista. E' una corsa per la quale bisogna avere grande rispetto, ma non paura. Con determinazione e pazienza puoi farcela.

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