



Mein Laufbuch für die ersten 10 Kilometer (German Edition)

Thomas Wessinghage

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Ihr Entschluss steht fest: Sie möchten gern mit dem Laufen beginnen! Und sich dabei ein realistisches Ziel setzen? Dann ist dieses Laufbuch der ideale Einstieg für Sie! Denn hier erfahren Sie alles, was für das Training wichtig ist: von der richtigen Lauftechnik über eine gesunde Ernährung bis hin zur optimalen Ausrüstung. So bleiben Sie nicht nur voller Motivation und Freude beim Laufen, sondern schaffen auch die angestrebten 10 Kilometer, ohne dabei Ihren Körper zu überfordern. Danach steht Ihrem ersten Wettkampf nichts mehr im Weg!

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