

Triatlón Para Mujeres Como Nosotras (Paperback)



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Createspace, United States, 2011. Paperback. Book Condition: New. Jay French (illustrator). 238 x 152 mm. Language: Spanish . Brand New Book ***** Print on Demand *****. Triatlon para mujeres como nosotras da a las mujeres una guia accesible y divertida que les ayudara a completar con exito su primer triatlon sprint. En el camino, no solo descubriran su fuerza interior, sino tambien nuevas amistades y encontraran una motivacion inesperada que les hara querer seguir con este deporte. Triatlon para mujeres como nosotras te dara una vision general de lo que necesitas saber para tener un gran momento en tu triatlon: Preguntas frecuentes Opiniones de expertos Planes de entrenamiento Como evitar lesiones Nutricion Y mucho mas.



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