

Atletas De Hierro Preparacion Para El Ironman

Deportes

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Ironman " Entrenamiento Total

December 6th, 2018 - Hace un tiempo subí un interesante artículo de Alan Couzens llamado "¿Qué se Necesita para Terminar un Ironman Motivado por ese escrito me propuse narrar algo que refiera más a lo que se necesita no ya para terminar sino para correr un Ironman Si terminar un ironman como lo refirió Alan demanda de un Sub 17 horas correrlo podríamos decir que implica en general un sub 12

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