



Consigli & 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 assecolo il momento che sto vivendo, senza esagerare. Ho corso 33 Maratone, so di cosa parlo. In questo libro spiego il mio punto di vista. È una corsa per la quale bisogna avere grande rispetto, ma non paura. Con determinazione e pazienza puoi farcela.

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