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hay días en los que el running deja de ser un entrenamiento en solitario para convertirse en una experiencia compartida que se disfruta mucho más eso es exactamente lo que vivimos el pasado

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la natación es una excelente herramienta para minimizar las lesiones derivadas del running te proponemos 3 ejercicios de natación para corredores

una práctica con siglos de historia vuelve a colarse en las rutinas de los corredores actuales la ciencia se pregunta si alternar frío y calor sirve realmente para recuperarse tras sesiones exigentes al

según la american college of sports medicine acsm los intervalos de alta intensidad son ejercicios que generalmente se realizan al 80 al 95 de la frecuencia cardíaca máxima y tienen una

april 1 2024 una variante de este reto es colocar varios balones en fila india cada vez más alejados de la mini porter a obviamente gana el que más goles meta y en caso de empate quien más

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