



Tu primer triatlón / First Triathlon: Programa para conseguir el éxito / Your Perfect Plan for Success (Spanish Edition)

Lucy Simth

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Esta guía para el triatlón de corta distancia, fácil de usar y dirigida a principiantes, es una lectura obligada para el atleta que se está preparando para una competición de resistencia. Has tomado la decisión y te has comprometido. Vas a competir en tu primer triatlón. ¡Impresionante! Y ahora, ¿qué tienes que hacer? Tu pr

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