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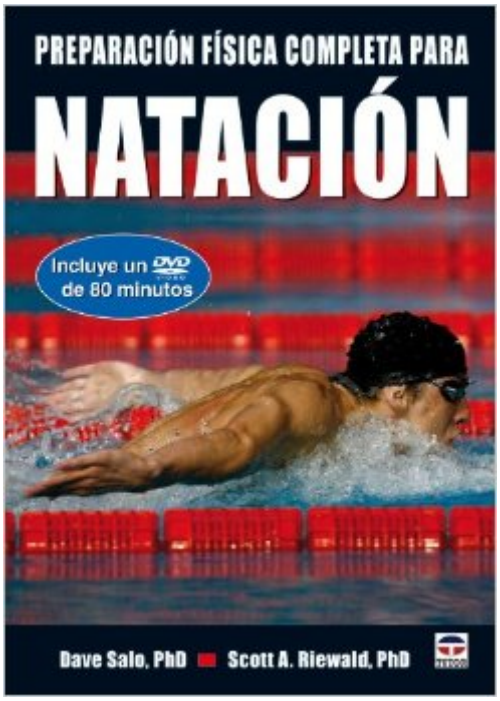
# Preparacion Fisica Completa Para La Natacion / Complete Conditioning For Swimming (Spanish Edition)

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## Synopsis

Salo es un profesor y entrenador increÃƒÂ- ble que comprende la importancia de una preparaciÃƒÂ n fÃƒÂ- sica Ã ƒÂ ptima para el Ã ƒÂ©xito del nadador. Combinando libro y DVD, PreparaciÃƒÂ n fÃƒÂ- sica completa para la nataciÃƒÂ n capta su original enfoque, convirtiÃƒÂ©ndolo en el recurso de entrenamiento mÃƒÂ¡s exhaustivo del deporte actualmente.

## Book Information

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## Customer Reviews

Habla de la preparaciÃ n fÃ- sica y la periodizaciÃ n del entrenamiento de manera clara y concisa.Refleja su experiencia como entrenador en lo que escribe.Es un libro esencialmente prÃ¡ctico.Me hubiera gustado que tuviera mas referencias cientÃ- ficas que avalen que el mÃ©todo empleado es el mÃ¡s adecuado.

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