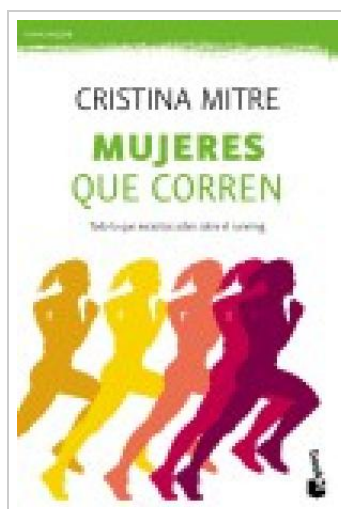




Mujeres que corren

By Mitre, Cristina

Booket, 2016. soft. Condition: New. ¿Qué pasaría si un día una mujer invitase a todas las de su ciudad a correr con ella? Eso es lo que se preguntó la periodista Cristina Mitre antes de acabar liderando el movimiento solidario Mujeres que Corren, del que hoy forman parte más de diez mil personas. Runner apasionada y convencida de los beneficios y satisfacciones que proporciona este deporte para las mujeres en particular, la autora desgana en estas páginas, de forma fresca y divertida, su propia experiencia como corredora mientras nos asesora sobre temas básicos para la práctica del running en femenino. Entre los primeros consejos para empezar a correr y aquellos para superar una competición, Cristina comparte con nosotros la información para hacernos con el equipamiento y los útiles de belleza apropiados; nos anima con música de fondo y el buen sabor de las carreras compartidas; nos orienta con métodos de entrenamiento y ejercicios de estiramiento y fuerza; nos alimenta con recetas saludables; nos motiva con los beneficios físicos y psicológicos que proporciona el running a las mujeres; nos ayuda a organizarnos con ese gran problema de las mujeres hoy día: conciliar; nos inspira con el relato de otras corredoras; y...



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