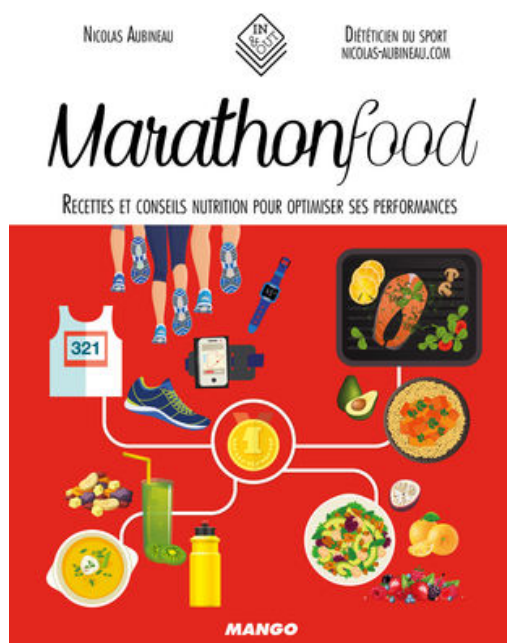


# Télécharger Livres Gratuit Marathon Food (PDF | ePub | Mobi) Nicolas Aubineau DataBase Book



Nos performances sportives sont le reflet de notre alimentation ! Envie de courir un marathon ? Découvrez la Marathonfood et améliorez vos performances grâce à un programme et des recettes adaptées. Avant, pendant et après la course, la préparation d'un marathon passe d'abord par une alimentation spécifique. Nicolas Aubineau, diététicien-nutritionniste du sport, vous explique comment ajuster vos repas, en-cas ou même boissons à vos entraînements, et vous donne ses astuces pour éviter les blessures et être au top de sa forme !

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