

Atletas de hierro

Preparación para el Ironman



Atletas De Hierro Deportes

Nancy Clark



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ATLETAS DE HIERRO. Preparación para el Ironman Don Fink, 2007 Este libro presenta tres planes específicos de entrenamiento de treinta semanas para convertir al triatleta en un triatleta de hierro En cada programa se detallan las sesiones concretas que se precisan a diario para lograr la meta se explican las formas más eficaces de entrenar y las mejores técnicas para aprovechar el tiempo en una combinación de métodos de entrenamiento con técnicas de dirección de empresa El atleta aprender a distribuir su tiempo y a determinar cuánto tiempo quiere dedicar a entrenar para luego elegir su plan específico de entrenamiento Este libro está dirigido a deportistas de fondo y triatletas que están decididos a participar en un triatlón Ironman o deseen mejorar su forma física **Nutrición en el deporte** Louise Burke, 2009-11-19 A medida que los conocimientos y la práctica de la nutrición en el deporte se hacen cada vez más sofisticados aumenta la comprensión sobre las diferentes necesidades nutricionales de los deportistas Se exige ahora información especializada respecto de la nutrición para varios deportes o ejercicios ya no resulta suficiente considerar al deportista en general o aspectos universales como la comida previa a una competencia o el aporte alimentario para la recuperación Actualmente se sabe que los jugadores de baloncesto los nadadores los fondistas los gimnastas y los fisicoculturistas tienen diferentes requerimientos nutricionales que surgen de la diversidad en las necesidades diarias para el entrenamiento así como de las estrategias específicas para optimizar el rendimiento en una única sesión de ejercicio físico como es una competición Esta obra es la primera en brindar recomendaciones detalladas específicas para cada deporte con consejos aplicables al contexto real de la práctica Medicina del ejercicio físico y del deporte para la atención a la salud Ricardo Ortega Sánchez-Pinilla, 1992-09 **ALIMENTACIÓN Y NUTRICIÓN EN LA VIDA ACTIVA: EJERCICIO FÍSICO Y DEPORTE** BENITO PEINADO Pedro José , CALVO BRUZOS Socorro Coral , GÓMEZ CANDELA Carmen , IGLESIAS ROSADO Carlos , 2014-06-11 Este manual pretende dar una visión integral de la relación entre la nutrición y la actividad física desde la importancia de los procesos de producción eliminación de la energía en la actividad física hasta el papel de los hidratos de carbono y las grasas en el ejercicio El vínculo establecido desde un principio entre nutrición y deporte ha despertado un mayor interés en los últimos años impulsado por el conocimiento científico Nuestros capítulos escritos por relevantes científicos y profesores especializados hablan de metabolismo energético efectos del ejercicio sobre la utilización y uso de los principios inmediatos básicos el metabolismo de las vitaminas etc En definitiva aportan conocimientos a quienes trabajan enseñan o practican ejercicio físico apostando siempre por la promoción de la salud Se abordan fenómenos de gran importancia relacionados con la respuesta fisiológica al ejercicio las relaciones entre el tipo de actividad y su metabolismo energético así como el gasto energético cuantificado en ejercicio y en definitiva la aplicación de la fisiología al ámbito de la actividad física y el deporte En los capítulos referidos a la composición corporal fisiología se describe la integración de los principios nutricionales con el ejercicio y se observa el efecto de ambos factores sobre el organismo y su composición química En definitiva presentamos un manual que trata por primera vez la alimentación

específica a partir de la especialidad deportiva lo que supone sin lugar a dudas un importante paso en la aplicación práctica de la nutrición **Introducción a la Medicina y Ciencias del Deporte II** Bernardo Marín Fernández, 1997 **LA**

RESISTENCIA EN EL DEPORTE R.J. Shephard, D. Åstrand, 2007-06-19 La información contenida en este libro está centrada en las pruebas deportivas en las que la propia competición y o el entrenamiento requerido duran 1 hora o más. Los autores han considerado la competición internacional como el desafío más extremo para los varios sistemas reguladores del cuerpo: el fisiológico, el bioquímico, el biomecánico y el psicológico. Cómo se acomoda el cuerpo a las exigencias metabólicas y térmicas para poder participar en una carrera de maratón en el calor de verano o en el Vasa Loppet en pleno invierno. Para llevar a cabo esta compleja tarea han sido más de sesenta los colaboradores especialistas en todas las áreas de la ciencia del deporte. Así el volumen ofrece una amplia perspectiva internacional sobre el desafío que implica la participación humana en pruebas de resistencia. El material está dividido en siete secciones: 1 una breve definición de los términos y conceptos fundamentales; 2 un análisis completo de consideraciones científicas básicas sobre anatomía, biomecánica, fisiología, bioquímica, nutrición, función humoral e inmune, factores psicológicos y limitaciones genéticas y ambientales; 3 métodos de medición de varios determinantes de la capacidad de resistencia en el campo y en el laboratorio; 4 principios básicos de preparación para varios tipos de competición de resistencia; 5 entrenamiento de la resistencia en grupos especiales de población; 6 prevención de problemas médicos y quirúrgicos durante el entrenamiento y la competición de resistencia con un análisis de los beneficios potenciales para la salud derivados de tales actividades; y 7 una exploración de temas específicos para tipos individuales de capacidad de resistencia que abarca desde el esquí de fondo hasta el vuelo impulsado por la fuerza muscular del hombre. El material está presentado en un formato que será accesible para todo aquel que tenga unos ciertos conocimientos sobre las ciencias del deporte. Es de prever que el volumen atraerá particularmente a científicos y médicos deportivos que intervienen en la preparación de competidores de resistencia, pero el amplio espectro de los mecanismos reguladores humanos durante el ejercicio prolongado atraerá también el interés de una audiencia mucho más amplia en fisiología, bioquímica y psicología, y este volumen se convertirá sin duda alguna en material de lectura obligada para muchos programas de licenciatura en medicina y en la ciencia del deporte. **Nutrición** Rogelio Areal Guerra, 1988 Un comité consultivo de expertos nombrado por la Nutrition Foundation y la National Association for Sport and Physical Education fue convocado por la Nutrition Foundation para analizar los conocimientos científicos lo que el público sabe y o no sabe y las notorias informaciones equivocadas con respecto de la nutrición, los alimentos y la preparación atlética. El Comité Consultivo también examinó las fuentes de información existentes a disposición de los preparadores y participantes, proyectó los temas y la información directa contenida en este libro con el objeto de proporcionar una guía práctica científica y médicamente fiable. **MÁS QUE NUTRICIÓN DEPORTIVA: SUPLEMENTACIÓN PARA EL DEPORTE** Francisco Javier Carrillo Baños, 2022-11-20 Este libro de nutrición y suplementación deportiva está enfocado a explicar las bases que la nutrición aplicada a deportes de fuerza y resistencia, su diferencia y algunos

matices sobre la ingesta total los macronutrientes y el timing Un factor clave de este gran libro ha sido explicar algunos aspectos de la fisiología y cómo la alimentación y los suplementos puede modificar ciertos aspectos de la biología celular para ayudarnos a ganar masa muscular o perder grasa Al mismo tiempo durante la lectura encontrar s algunas críticas acerca del abordaje actual y es una gran aportación para ver más allá de lo que siempre nos cuentan de la suplementación deportiva Aado algunos mitos al final del libro que seguro has escuchado hablar

LA GUÍA DE NUTRICIÓN DEPORTIVA DE Nancy Clark Nancy Clark, 2006-03-28 Aumente su energía reduzca el estrés pierda grasa corporal desarrolle músculo y mejore su rendimiento con esta guía de nutrición deportiva traducida de la tercera edición en inglés revisada y ampliada y un éxito de ventas sin precedentes La guía de nutrición deportiva de Nancy Clark proporciona soluciones prácticas para comer y sentirse bien controlar el peso disponer de energía durante toda la jornada y disfrutar con la comida aunque se lleve un estilo de vida estresante y se disponga de poco tiempo para comer y preparar la comida Dirigida tanto al deportista de elite como a la persona que realiza actividad física de forma esporádica pero desea alimentarse correctamente El libro incluye más de 70 recetas de platos sabrosos y saludables fáciles y rápidos de preparar La nutricionista deportiva más conocida de EE UU indica cómo obtener el máximo beneficio de los alimentos que se eligen enseña a desarrollar una dieta sana y apropiada para conseguir un equilibrio entre el peso y la actividad sin vivir obsesionados por lo que se come y explica de manera clara y precisa qué comer antes de realizar actividad física y cómo alimentarse después para conseguir una recuperación ptima También presenta información actualizada sobre las comidas las bebidas y los suplementos para el deporte que existen en la actualidad y explica cuáles son mejores y por qué basándose en el gasto de energía de cada persona Asimismo el lector encontrar orientación sobre las dietas alternativas que están de moda como la dieta Zona la de Atkins la termogénica y la Ultra Slim Fast Nancy Clark es la directora de los servicios nutricionales de Sports Medicine Associates en Brookline Massachussets una de las clínicas de lesiones deportivas más grandes de la zona de Boston EE UU Dietista colegiada especializada en nutrición para el deporte y práctica de ejercicio control de peso bienestar y enfoque nutricional de los trastornos alimentarios Asesora a todo tipo de personas desde deportistas esporádicos hasta atletas de competición Escribe sobre nutrición en las publicaciones New England Runner Adventure Cycling Rugby y Active.com Colabora regularmente con Shape y Runner's World Además es autora de La guía de nutrición para maratonianos de Nancy Clark también publicado por Paidotribo

La alimentación en la actividad física y el deporte Anna Bach-Faig, Laura Esquiú de la Zarza, 2019-06-03 Este libro nace de la necesidad de herramientas que permitan realizar un abordaje integral de la alimentación del deportista orientado a la optimización del rendimiento sin comprometer su estado de salud En la primera parte Valoración del deportista hábitos y riesgos se describen los hábitos alimentarios y de estilo de vida de la población general activa se incluye una base de valoración bioquímica del deportista y se analiza uno de los posibles riesgos los trastornos de la conducta alimentaria en la práctica deportiva Y se concluye en la segunda con todo lo relacionado con los aspectos nutricionales en diversos tipos de

deportes en función de su alta intensidad y o duración donde se trata la hidratación en la práctica deportiva el estrés oxidativo antioxidantes y deporte y finalmente la relación entre grasas y deportes de resistencia

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