

Atletas de hierro

Preparación para el Ironman



Don Sink



Atletas De Hierro Deportes

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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 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 esgu de fondo hasta el vuelo impulsado por la fuerza muscular del hombre El material est presentado en un formato que ser accesible para todo aquel que tenga unos ciertos conocimientos sobre las ciencias del deporte Es de prever que el volumen atraer particularmente a cient ficos y m dicos deportivos que intervienen en la preparaci n de competidores de resistencia pero el amplio espectro de los mecanismos reguladores humanos durante el ejercicio prolongado atraer tambi n el inter s de una audiencia mucho m s amplia en fisiolog a bioqu mica y psicolog a y este volumen se convertir sin duda alguna en material de lectura obligada para muchos programas de licenciatura en medicina y en la ciencia del deporte

Nutrici3n en el deporte Javier Gonz1lez Gallego, Pilar S1nchez Collado, Jos3 Mataix Verd3, 2006-07-26 Hoy en d a y mucho m s que nunca existe una demanda creciente de informaci n fiable acerca de la nutrici n en la actividad f sica y deportiva Desde los atletas de lite que intentan ganar un Campeonato del Mundo o unas Olimpiadas hasta las personas que practican deporte simplemente para mantenerse activas la nutrici n puede jugar un papel fundamental en ayudar a alcanzar el estado de forma o rendimientos ptimos Una nutrici n adecuada puede permitir una mejor ejecuci n prevenir lesiones facilitar la recuperaci n tras el ejercicio alcanzar un peso corporal correcto mejorar los h bitos de vida y sobre todo mantener un estado general de buena salud

INDICE Nutrientes y alimentos Utilizaci n digestiva y metab lica de los nutrientes Hidratos de carbono L pidos Prote nas Recomendaciones nutricionales Bases fisiol gicas del ejercicio Sistemas energ ticos en el ejercicio Hidratos de carbono y ejercicio L pidos y ejercicio Prote nas y ejercicio Vitaminas en el ejercicio Minerales en el ejercicio Hidrataci n en el ejercicio Valoraci n del estado nutricional La alimentaci n del deportista planificaci n de la dieta Trastornos de la alimentaci n en el dopaje Ayudas ergog nicas nutricionales Dopaje Principales sustancias y m todos de dopaje M todos de detecci n del dopaje

Nutrici3n Rogelio Areal Guerra, 1988 Un comit 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 cient ficos lo que el p blico sabe y o no sabe y las notorias informaciones equivocadas con respecto de la nutrici n los alimentos y la preparaci n atl tica El Comit Consultivo tambi n examin las fuentes de informaci n existentes a disposici n de los preparadores y participantes proyect los temas y la informaci n directa contenida en este libro con el objeto de proporcionar una gu a pr ctica cient fica y m dicamente fiable

M1S QUE NUTRICI3N DEPORTIVA: SUPLEMENTACI3N PARA EL DEPORTE Francisco Javier Carrillo Ba3os, 2022-11-20 Este libro de nutrici n y suplementaci n deportiva est enfocado a explicar las bases que la nutrici n 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 fisiolog a y c mo la alimentaci n y los suplementos puede modificar ciertos aspectos de la biolog a celular para ayudarnos a ganar masa muscular o perder grasa Al mismo tiempo durante la lectura encontrar s algunas cr ticas acerca del abordaje actual y es una gran aportaci n para ver m s all de lo que siempre nos cuentan de la suplementaci n deportiva A do algunos mitos al final del libro que seguro has

escuchado hablar 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 **Nutrición Vegetariana** Joan Sabaté, 2005 **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

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