



# Entrenamiento Para Jovenes Deportistas / Total Training for Young Champions (Spanish Edition)

*Tudor O. Bompa*

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## **Entrenamiento Para Jovenes Deportistas / Total Training for Young Champions (Spanish Edition)**

Tudor O. Bompa

Tudor Bompa, uno de los expertos mundiales en entrenamiento deportivo, que ha entrenado a 11 medallistas olímpicos, presenta un régimen de entrenamiento seguro dirigido a tres fases de desarrollo diferentes.

Además ofrece programas de entrenamiento específicos para 10 deportes, como el béisbol, baloncesto, hockey hielo, fútbol

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