



# Manual de entrenamiento deportivo (Deportes n<sup>o</sup> 24) (Spanish Edition)

*Alejandro Legaz Arrese*

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**Manual de entrenamiento deportivo (Deportes nº 24) (Spanish Edition)** Alejandro Legaz Arrese  
Manual de entrenamiento deportivo ofrece una aproximación novedosa al estudio del proceso de entrenamiento.

En esta obra el lector encontrará una herramienta indispensable para establecer un proceso de entrenamiento que se adapte a cualquier deportista y modalidad deportiva. También se describen las principales lesiones junto con las nociones básicas de sus síntomas, diagnóstico y tratamiento, los medios de prevención y las principales directrices para el proceso de readaptación.

- • Cómo incidir específicamente en las distintas fases del proceso de supercompensación y en los factores de rendimiento específicos.

- Cómo optimizar los factores generales que determinan el rendimiento en competición.

- Cómo integrar todo el proceso de entrenamiento en una temporada. Alejandro Legaz-Arrese es doctor en Ciencias de la Actividad Física y el Deporte. Desarrolla su actividad profesional como profesor titular de la Universidad de Zaragoza e investigador principal del grupo "Movimiento Humano". Ha ejercido de entrenador-preparador físico de carreras de atletismo, BMX y fútbol sala.

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