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PRESCRIPCIÓN DE EJERCICIO: Guías ACSM 2014 - © 2013 Edgar

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NSCA or NASM: Whats Better ? - Joe - Personal Trainer

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Endurance training involves manipulation of intensity, duration, and frequency of training sessions. The relative impact of short, high-intensity training versus longer, slower distance training has been studied and debated for decades among athletes, coaches, and scientists.

Intervals, Thresholds, and Long Slow Distance: the Role of

aradigma de la salud se encuentra constituido por un colectivo de dimensiones, los cuales poseen el potencial de afectar favorablemente, o de forma adversa, al bienestar de la persona.

BIENESTAR Y CALIDAD DE VIDA: Conceptos Generales - © 2015

The President's Council's mission is to increase sports participation among youth of all backgrounds and abilities and to promote healthy and active lifestyles for all Americans.

President's Council on Sports, Fitness & Nutrition (PCSFN)

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