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tesis del año 2024 en el tema deporte quinesiología y teoría del entrenamiento materia colegio de ciencias y humanidades idioma español

resumen el objetivo es definir las necesidades actividades y acciones a tomar en materia de la promoción de la salud para correr un maratón de 21 k obteniendo buenos resultados al momento de la competencia el medio maratón de la ciudad de México no es solo una competencia deportiva sino una celebración de la resistencia y la tenacidad humana para las atletas de 34 a 60 años ganar esta carrera implica una preparación integral que abarca aspectos físicos nutricionales mentales y logísticos el entrenamiento para un maratón de 21 kilómetros es una tarea que demanda no solo un compromiso físico sino también una supervisión médica rigurosa la atención médica necesaria abarca desde evaluaciones preventivas hasta pruebas de dopaje asegurando así la salud y la equidad en la competencia el entrenamiento para un maratón de 21 kilómetros es una empresa que desafía tanto el cuerpo como la mente los atletas deben estar preparados para los cambios físicos y mentales que acompañan a un régimen de entrenamiento intensivo y cómo estos pueden afectar su rendimiento el éxito en el deporte no solo depende del entrenamiento físico sino también de una nutrición adecuada para los atletas mantener un peso óptimo es crucial ya que influye directamente en su rendimiento resistencia y recuperación una dieta bien diseñada es crucial para el rendimiento de un atleta debe proporcionar la energía necesaria los nutrientes para la reparación de tejidos y la regulación del metabolismo corporal alcanzar la meta en un tiempo regular en un maratón de 21k requiere de una preparación meticulosa que abarca las etapas previas al entrenamiento el proceso de entrenamiento mismo y los cuidados posteriores

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