

Ptqeeplmcq Lanifica U Uebrantahuesos Ntrenamiento

Specfico Ara A Archa Icloturista Uebrantahuesos

Planifica tus pedaladas Planifica tu gran fondo Jábega Chema Arguedas Lozano Chema Arguedas Lozano

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recuerdo que alla por el año 1998 me llamo por telefono no recuerdo si a casa o al trabajo un tal jose ma arguedas en aquel momento por temas de mi profesion aunque mas por mi aficion estaba bastante vinculado al mundo del ciclismo jose ma queria tener una conversacion y hacerme alguna consulta referente a su salud y al entrenamiento desde el primer momento me di cuenta que era un individuo preciso y organizado su historial me dio analisis todo perfectamente en orden al poco tiempo coincidi con jose ma en un programa de radio sobre ciclismo en la que el era el responsable de la seccion de cicloturismo desde entonces deje de ser jose ma para pasar a ser chema han pasado algunos años y aunque no hemos coincidido con frecuencia en las salidas en bici de los sabados y en cicloturistas he podido observar su gran mejora y evolucion en la bici chema siempre ha tenido mucho interes sobre temas de fisiologia aplicada al ejercicio sobre temas de entrenamiento nutricion etc por tanto he de confesar que no me sorprendio mucho el que me dijera hace poco que estaba escribiendo un libro sobre ciclismo si quisiera decir alguna palabra sobre el enfoque que el autor ha querido hacer de los contenidos de su libro os propongo que imagineis una situacion habitual para nosotros un dia cualquiera por la tarde hemos salido a entrenar o a pasear en bici y nos encontramos

en la carretera con un colega que pudiera ser chema empieza is a hablar y van saliendo dudas cuestiones experiencias sobre temas de entrenamiento rendimiento fisico temas de nutricio n y este colega que pudiera ser chema te va contando te explica sin pizarra porque estamos entrenando o pase ando con la bici lo que pasa con el gluco geno muscular cuando entrenamos largo y duro que ocurre con la frecuencia cardiaca al principio de la temporada o cual es el ritmo que tenemos que llevar para subir un puer to exigente la explicacio n sobre estos temas que chema nos dari a seri a clara y adecuada para alguien aficionado a la bici que tiene intere s por conocer algunas explicaciones sobre su entrenamiento fisiologi a del ejer cicio nutricio n y preparacio n fi sica en este libro encontraremos explicaciones sobre temas de medicina aplicada al ejercicio y al entrenamiento que nos ayudara n a entender muchos de los conceptos de los cuales hablamos en tertulias o en almuer zos de ciclistas a veces sin tenerlos muy claros el lenguaje es ameno y comprensible y por eso de fa cil lectura los grandes bloques de conteni dos que encontraremos ampliamente desarrollados son la planificacio n de la temporada su estructura los principios del entrenamiento las cuali dades fi sicas y su entrenamiento el umbral anaero bico el consumo ma xi mo de oxi geno el proceso de recuperacio n la nutricio n y un plan de entrenamiento anual para el ciclista hoy el ciclismo profesional de referencia para muchos quiza no este pasando por su mejor momento por diferentes circunstancias pero el ciclo turismo practicado desde su vertiente ma s relajada o la forma de practi carlo puramente competitiva esta alcanzando niveles de participacio n verdaderamente sobresalientes la experiencia que el autor ha alcanzado en los temas de preparacio n fi sica para el ciclista hace que este libro sea muy adecuado para el cicloturista de hoy felicito a chema arguedas por haber escrito un libro tan completo en relacio n al entrenamiento del ciclista y le animo para que nos vaya con tando en futuras publicaciones nuevas experiencias

mi primera participacio n en la marcha cicloturista quebrantahuesos fue en el an o 1995

aquel año me presentaba en la línea de salida sin prisas sin nervios y sin conocimiento ausencia de conocimiento debido a la poca información con la que contaba sobre la marcha y ausencia de conocimiento porque hacía falta tener poco talento para meterme en semejante berenjenal de la forma que lo hacía llevaba escasamente tres meses saliendo en bicicleta de hecho ni tenía bicicleta de carretera por lo que afrontaba la prueba con una bicicleta de montaña y cubiertas que aunque eran lisas eran de una anchura más que considerable llegue a la salida poco antes del inicio de la marcha por lo que tenía delante un millar de ciclistas zapatillas de deporte con rastrales ya que aún no me había dado tiempo a descubrir los pedales automáticos culotte sin tirantes y un maillot que había comprado en unos saldos del carrefour para verme cuando dieron la salida fui engullido por un tumulto de ciclistas y disfrute como creo que no lo he vuelto hacer en ninguna otra edición ya que salí sin nervios sin presiones y con el único objetivo de finalizar el tiempo que hice fue lo de menos 10h 09 minutos pero a partir de participar en la qh no se si echan algo en los avituallamientos o que será mi percepción del cicloturismo cambio radicalmente aunque algo tiene de especial cuando es en la única marcha en la que he visto llorar a alguien cuando termina y no pocos tatuarse su recorrido en la pierna e incluso pedirse en matrimonio en lo alto de un puerto infinidad de historias alrededor de ella el ambiente que se vive es indescriptible y hay que estar allí para entenderlo como algo mediático que es en lo que se ha convertido genera pasiones y odios asisten con idea de disputarla aquellos que son unos desconocidos a pesar de 6 ganar carreras en aficionados y si consiguen ganarla pasan a estar en boca de todos por algo es la prueba de referencia a nivel cicloturista sin menospreciar al resto el caso es que después de aquella participación hubo monotema para el resto del año y sucesivos quebrantahuesos y un único objetivo bajar tiempos pero tranquilos que esto se pasa con los años si antes no te han puesto las maletas en la puerta de casa de hecho parece ser que el sábado por la noche del día d y una vez terminada la marcha en algunos restaurantes de la zona se ha pedido champán para brindar pero no para que algunos cicloturista celebren que han conseguido su objetivo

sino para las mujeres de estos que brindan porque por fin ha terminado el suplicio carin o nos vamos este fin de semana a coger setas nooo tengo que entrenar

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