



Tenis. Preparación física total (Color) (Deportes nº 21) (Spanish Edition)

Carlos Vila Gómez

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Este libro presenta la preparación física del tenis desde una perspectiva global, ya que conjuga la teoría general de los sistemas de entrenamiento junto con las nuevas tendencias psicológicas cognitivas para conseguir un modelo de entrenamiento en el que el tenista desarrolle su propia toma de decisiones dentro de la pista. Incluye la preparación física para el tenis en la piscina y la rehabilitación de lesiones.

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