

# Download Online Boek Nederlands De Marathon Revolutie - Stans Van Der Poel & Koen De Jong



Download online boek Nederlands De marathon revolutie Stans van der Poel & Koen de Jong , DE MARATHONREVOLUTIE: TRAIN NIET MEER DAN 14 KILOMETER Loop jij 10 kilometer in 65 minuten? Dan kun je ook een marathon lopen. En je hoeft geen lange duurlopen te doen van 30 kilometer of langer. 14 kilometer is genoeg. Echt. Honderden lopers hebben met het 14 kilometer-schema van Stans van der Poel een marathon gelopen. Lopers die dachten nooit een marathon te kunnen lopen, hebben blessurevrij de marathon gedaan. Het is tijd voor verandering. We moeten de waarheid niet langer verwarren met de mening van de meerderheid.

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