

DR FABRICE KUHN

PRÉFACE D'ERWANN MENTHÉOUR

PALEOFIT

LE CROSS TRAINING
DES SPORTIFS
D'ENDURANCE



TRAIL, MARATHON, TRIATHLON, SKI DE FOND, CYCLISME, NATATION
LES SECRETS DE NOS ANCÊTRES POUR CHOISIR LES EFFORTS,
DOSER LES INTENSITÉS ET PROGRESSER

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Pal Ofit Fabrice Kuhn

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