



**CORRE TU  
TU PROPIA  
CARRERA**

A black and white photograph of a woman in motion, running towards the right. She has braided hair and is wearing a light-colored top and dark leggings. Her arms are pumping, and her legs are in motion. Overlaid on this image is large, bold text in a bright orange color. The text reads "CORRE TU" on the first line, "TU PROPIA" on the second line, and "CARRERA" on the third line. The letters have a thick outline and a slight drop shadow, making them stand out against the grayscale background.

@NICOLASCHIALVA

# **PLAN ELITESTRIDE**

**EVALUACIÓN FISIOLÓGICA Y DE  
RENDIMIENTO AVANZADA**

**PERIODIZACIÓN PERSONALIZADA Y  
PLANIFICACIÓN ESTRATÉGICA**

**ENTRENAMIENTO DE CALIDAD Y  
ESPECÍFICAS PARA LA CARRERA**

**ESTRATEGIAS DE RECUPERACIÓN Y  
PREVENCIÓN DE LESIONES  
OPTIMIZADAS**

**NUTRICIÓN DEPORTIVA Y ESTRATEGIAS  
DE HIDRATACIÓN EN COMPETICIÓN**

**PARA MAS INFORMACION  
COMUNICATE CON NOSOTROS**

RUNNING  
RUNNING  
RUNNING  
RUNNING  
RUNNING



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