



Correria: Histórias do universo da corrida (Portuguese Edition)

Sérgio Xavier Filho

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Ao longo dos últimos cinco anos, o jornalista Sérgio Xavier Filho uniu em seu blog a paixão pela corrida ao seu talento para contar histórias. Dessa mistura surgiram textos inspirados e inspiradores. São relatos emocionantes de provas mundo afora e insights sobre variados aspectos do universo da corrida de rua: o gosto do brasileiro pelos revezamentos, as aventuras dos ultramaratonistas, as melhores maratonas, as inevitáveis lesões, a busca por desempenho. O blog Correria tornou-se um ponto de encontro de corredores — sejam eles iniciantes, experientes e até mesmo profissionais — e suas histórias. "Conversar sobre treinos e provas é tão essencial quanto colocar os tênis e partir para a rua", acredita o autor. É justamente esse espírito de conversa informal — porém bem informada — que guia este livro do começo ao fim.

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