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Nila, la princesa levantapesas

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Level 3

La princesa Nila está preocupada.

Solo falta un mes para el Campeonato Surya, la afamada competencia de levantamiento de peso de su reino.

Pero según el reglamento,
se debe pesar 55 kilos.
No 53 kilos. ¡Todavía necesita engordar dos kilos!

El Campeonato Surya lleva el nombre del más grande atleta de todos los siete reinos del este.

Nila lleva toda la vida esperando participar.

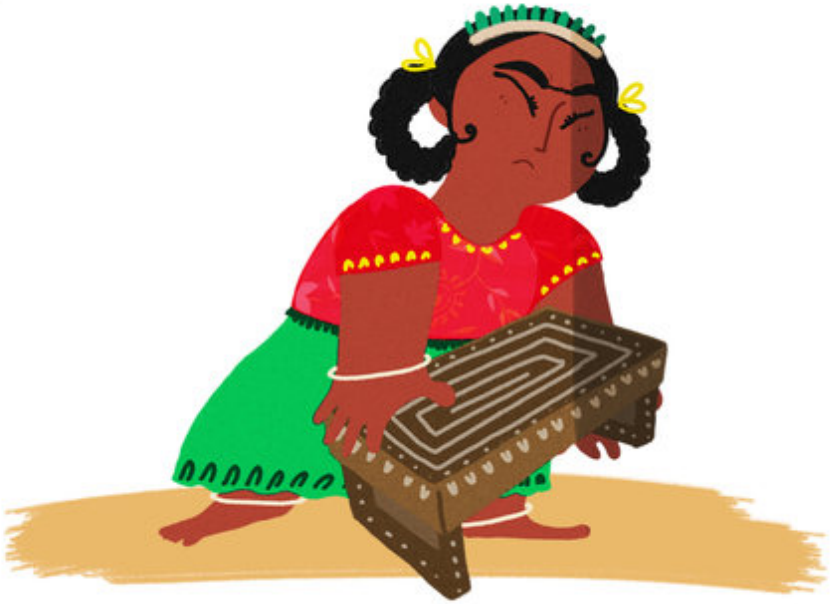
Nila ama levantar peso.
De chica, levantaba

perros

sillas

mesas

muebles...



...¡incluso al rey!

–¿Cómo estuvo tu entrenamiento? –pregunta la Reina.
–Bien, –dice Nila – ¡pero todavía tengo que engordar dos kilos!

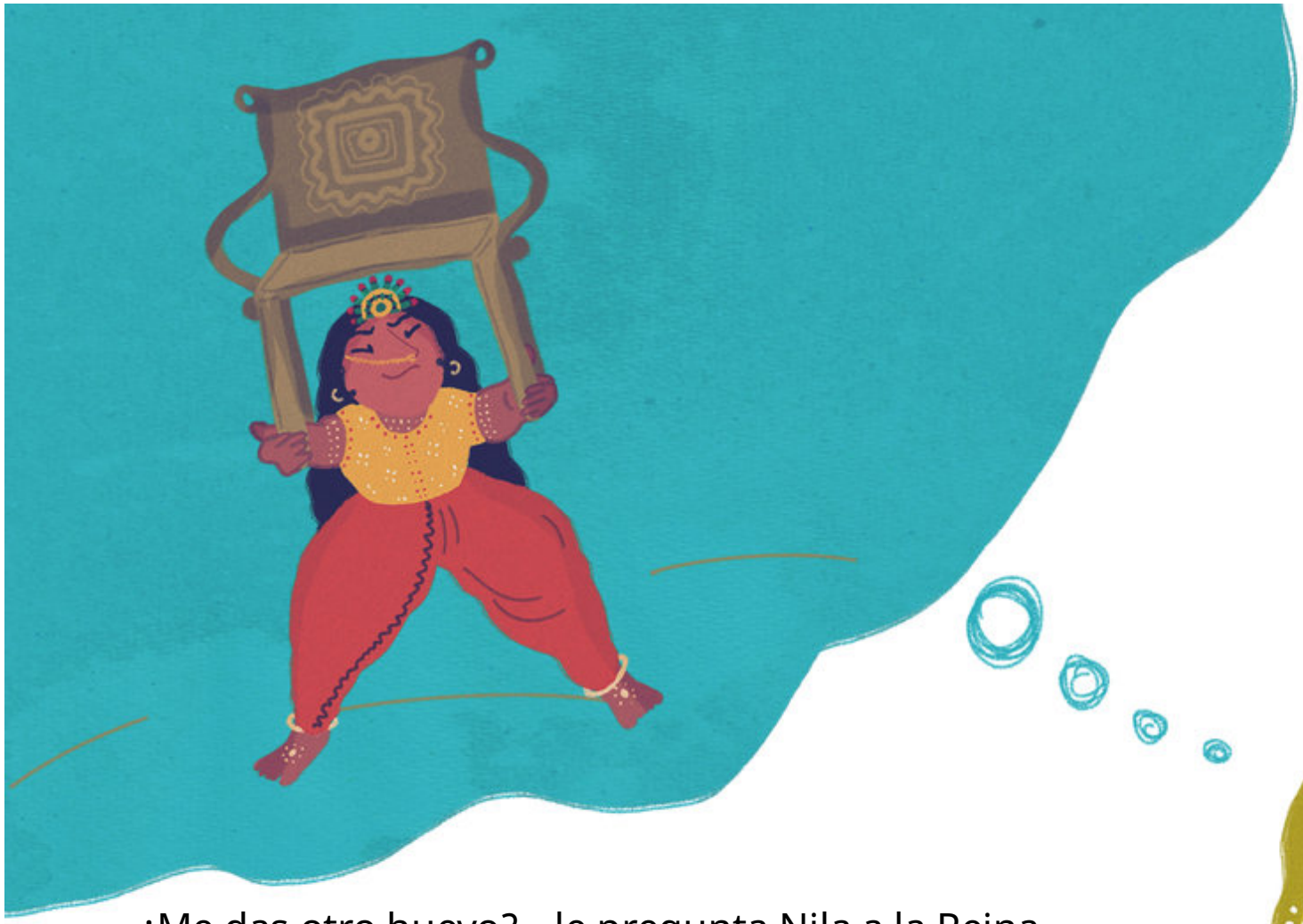
La Reina le ofrece un huevo duro.
–Come bien –dice –. Ya lo harás.

Mientras come, Nila recuerda el último campeonato. Eso fue hace cuatro años, cuando ella tenía doce años.

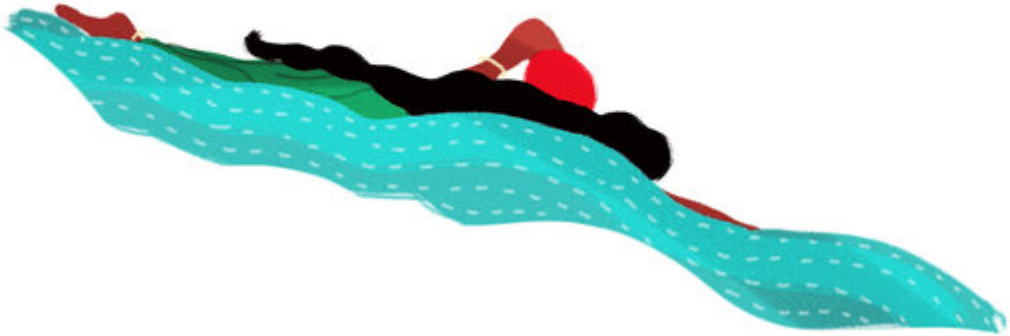
El príncipe Vikram de Nethil había ganado aquella vez.
Había superado por mucho a todo el resto.

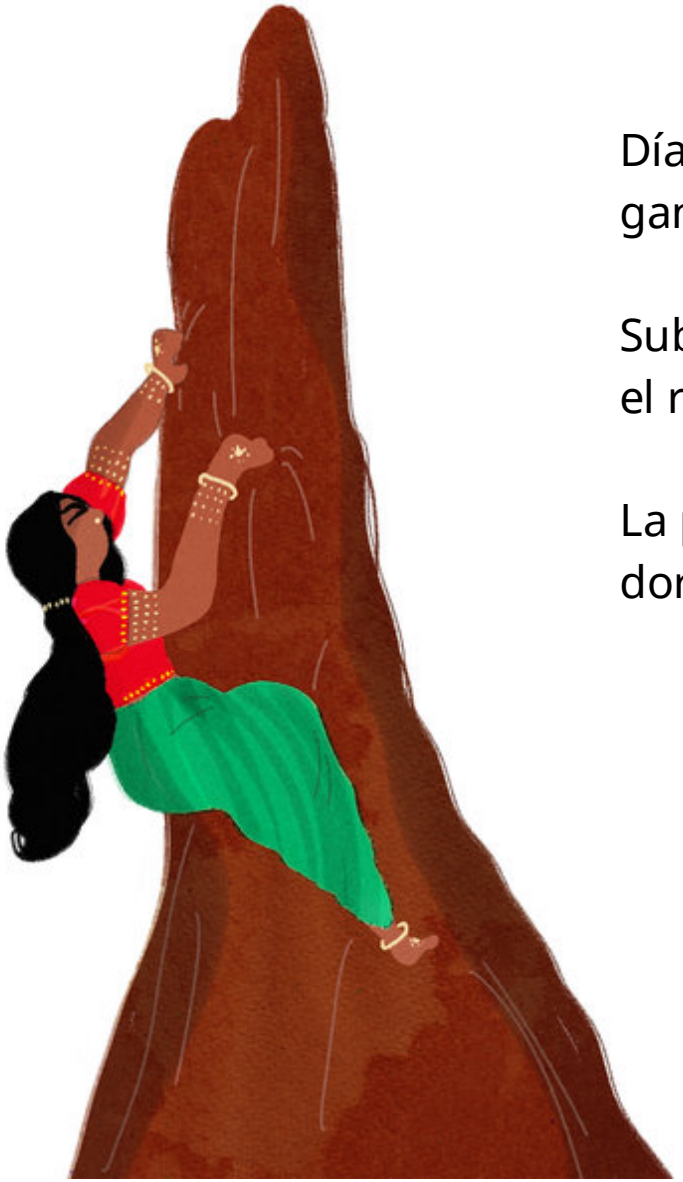
Nila sabe que cuando sea mayor, el Rey planea casarla con el príncipe Vikram.

Pero ella tiene otros planes. Nila quiere ir a Talibar, la tierra nevada. Ahí están las mejores escuelas deportivas de todo el reino.



–¿Me das otro huevo? –le pregunta Nila a la Reina. La Reina se ríe. Muchos años atrás, ella también era como Nila y solo pensaba en correr, nadar, andar a caballo y ganar el Campeonato. Pero eso había sido hacía mucho, mucho tiempo.





Día tras día, la princesa Nila entrena con ganas.

Sube y baja la montaña corriendo. Nada en el río. Come carne, verduras y frutas.

La piel se le pone de un color marrón dorado, como el sol del atardecer.

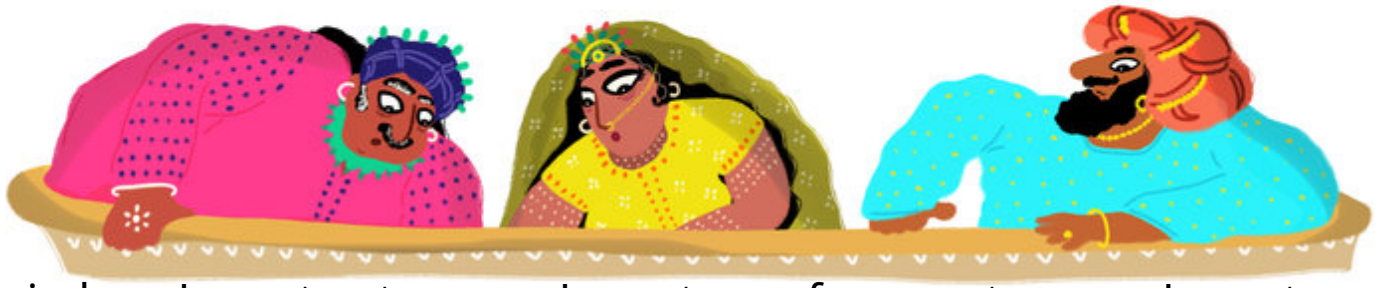
Una semana antes del Campeonato,
Nila se para en la balanza.

¡55 kilos al fin! La princesa Nila está contentísima.

Flexiona los músculos. No para
de sonreír.
–¡Lo logré!

El día del Campeonato, Nila está lista. Este año, la competencia será más difícil.

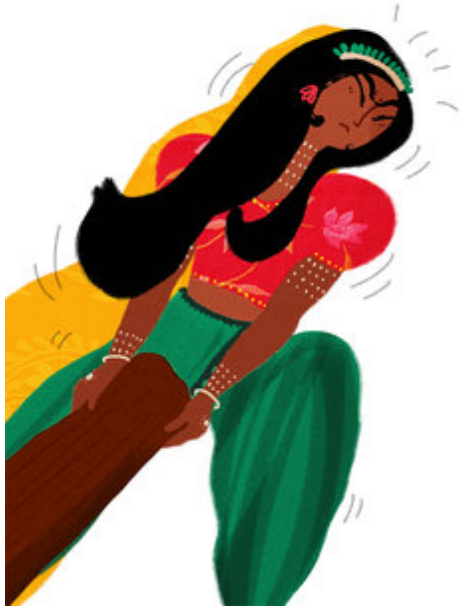
Nila observa a los poderosos levantapesas. Un muchacho con un turbante amarillo. Una chica con una trenza tirante. Y, por supuesto, el príncipe Vikram.



Levantan piedras. Levantan troncos. Levantan cofres con tesoros. Levantan muebles.

Los jueces observan.
¿Tiemblan los brazos? ¿ Están firmes las piernas? ¿Es esa la postura correcta?

Nila aprieta los dientes. Siente cada músculo de su cuerpo. Cada gota de sudor.



Vikram lleva la delantera. Pero Nila está apenas detrás de él.

Comienza la ronda final. Los competidores deberán levantar el antiguo trono de hierro.

Los demás son buenos. Pero Nila es la mejor.

Utiliza hasta el último gramo de sus fuerzas.
Gruñe, para contener el dolor.
Cuando está por rendirse piensa en Surya
y en Talibar.

El trono de hierro se alza en el aire.

Dan los resultados finales. ¡La princesa Nila es la ganadora!

–Ahora eres digna de ser la esposa de un campeón –anuncia el Rey orgulloso.

La princesa Nila sonríe y responde:
–No. Ahora, la campeona soy yo.

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Nila, la princesa levantapesas
(Spanish)

La princesa Nila ansía ganar el Campeonato Surya, el famoso torneo de levantamiento de peso de su reino. Pero tendrá que superar muchos obstáculos. Entre ellos, a un apuesto príncipe y los planes que el Rey y la Reina tiene para ella.

This is a Level 3 book for children who are ready to read on their own.

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