



Trainingsplan Ausdauertraining Mit Fahrradergometertest (German Edition)

By Suzana Stepanovic

Grin Verlag. Paperback. Condition: New. This item is printed on demand. Dimensions: 8.3in. x 5.8in. x 0.1in. Einsendaufgabe aus dem Jahr 2014 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, 6, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH (BSA), Sprache: Deutsch, Abstract: Anhand eines Fallbeispiels findet in dieser Arbeit zunächst die Anamnese des Klienten statt; eines durchschnittlichen Breitensportlers, der seine Ausdauer in Vorbereitung eines Marathonlaufs verbessern möchte. Für die Leistungsdiagnostik wird der Hollmann- und Venrath-Test durchgeführt, der zur Beurteilung der Ausdauerleistungsfähigkeit etabliert und weit verbreitet ist. Nach der Messung und der Analyse des Testverlaufs wird, in Abstimmung mit den Zielen des Klienten eine Trainingsplanung auf Ebene des Mesozyklus ausgearbeitet. This item ships from La Vergne, TN. Paperback.



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