

Trainingssteuerung, Trainingsplanung Im Krafttraining Nach Der Ilb-methode - Dennis Horn

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Trainingssteuerung, Trainingsplanung im Krafttraining nach der ILB - Methode Damit bei einem Training der Aufwand und der Erfolg in einem optimalen Verhältnis zueinander stehen, bedarf es nicht nur im Leistungs-, sondern auch im Fitnesssport einer effektiven Trainingssteuerung und zielgerichteten Planung. Eine nachhaltige Trainingssteuerung im Fitnesssport besteht aus den vier Schritten: Diagnose Prognose Trainingsplanung Trainingskontrolle Diese Schritte sind ein fortlaufender rückgekoppelter Prozess, welche die gezielte Veränderung unter Berücksichtigung der individuellen Voraussetzungen und Engagement ein Erreichen der persönlichen Ziele beinhaltet. Um einen Kunden wachsende Trainingsfortschritte und damit Erfolge zu ermöglichen, hat sich auch im Fitnessbereich die ILB - Methode als optimale Krafttrainingsmethode bewährt. ILB steht für ' Individuelle Leistungs-Bild Methode' Diese Krafttrainingsmethode ist im Gesundheits- und Breitensport, vom Anfänger bis zum Leistungstrainer anwendbar, da sie die verschiedensten Kriterien von Methodenwechsel und Abgrenzung bis effektives Belastungsgefälle erfüllt. Die Anpassung der Belastungsparameter liegt kein Maximalkrafttest, sondern das individuelle Leistungsbild zu Grunde. Dieses individuelle Leistungsbild ermöglicht durch eine progressive Belastungssteigerung optimale Trainingsreize, welche wachsende Leistungssteigerungen ohne die Gefahr eines Übertrainings sicherstellen. Author: Horn, Dennis Publisher: GRIN Verlag Illustration: N Language: GER Title: Trainingssteuerung, Trainingsplanung im Krafttraining nach der ILB-Methode Pages: 00024 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638318907 Category: Sports & Recreation : General

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