

Krafttraining Im Ausdauersport - , Jens Hasenbank-kriegbaum

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Das Krafttraining sollte ein fester Bestandteil eines jeden Trainings sein. Es dient dem Leistungsaufbau, der Kompensation und Prävention von Verletzungen und der Vorbeugung muskulärer Dysbalancen. Insbesondere wenn eine Steigerung der Trainingsumfänge zeitlich und trainingsmethodisch nicht mehr möglich ist, stellt das Krafttraining in Ausdauersportarten eine wichtige Leistungsreserve für die weitere Leistungssteigerung dar. Diese Hausarbeit befasst sich mit den Grundgegebenheiten eines Krafttrainings und der kontrovers diskutierten Fragestellung, welche Bedeutung das Krafttraining für den Ausdauersport hat und welche Krafttrainingsmethoden Anwendung finden sollen. Diese Frage soll im Hinblick auf die optimale Intensität eines Krafttrainings im Ausdauersport beantwortet werden. Hierbei soll aufgezeigt werden, wie das Krafttraining für den Ausdauersportler an Qualität gewinnen kann. In diesem Zusammenhang werden die verschiedenen Anforderungen in den Ausdauersportarten berücksichtigt und geeignete Methoden für die spezifischen Zielsetzungen vorgestellt. Nach einer allgemeinen Einführung in die Thematik des Krafttrainings, werden wissenschaftliche Befunde zu der geschilderten Problematik dargestellt und hinterfragt. Studienarbeit aus dem Jahr 2005 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2,0, Technische Universität Darmstadt (IFS), Veranstaltung: Theoretische und Praktische Aspekte des Ausdauertrainings, 14 Quellen im Literaturverzeichnis, Sprache: Deutsch. Author: Franken, Peter Author: Hasenbank-Kriegbaum, Jens Publisher: GRIN Verlag Illustration: N Language: GER Title: Krafttraining im Ausdauersport Pages: 00029 (Encrypted PDF) On Sale: 2006-01-01 SKU-13/ISBN: 9783638568661 Category: Sports & Recreation : General Category: Crafts & Hobbies : General

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