

Trainingsplanung, Leistungsdiagnostik Und Trainingssteuerung Beim Marathonlauf. Ein Fallbeispiel - Marcel Weil

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....Der Marathonboom animierte viele ehemalige Spitzenathleten und Trainer dazu, standardisierte Trainingspläne für Anfänger und Fortgeschrittene in eigenen Büchern zu veröffentlichen. Auch in allen bekannten Fachzeitschriften findet man Tipps und Pläne für Marathoneinsteiger. Kann ein Freizeitsportler mit Hilfe solcher Trainingspläne tatsächlich sein Ziel erreichen Welche Tests, welches Equipment und welches Training sind für die Marathonvorbereitung nötig und sinnvoll Um diese Frage beantworten zu können, ist ein gewisses sportwissenschaftliches Grundwissen nötig. Aus diesem Grund soll im ersten Teil dieser Arbeit zunächst ein theoretischer Überblick vorangestellt werden. Im zweiten Teil wird in einem Fallbeispiel der 10-Wochen Rahmentrainingsplan für Einsteiger nach H. Steffny überpruft. Ist es möglich, mit Hilfe dieses Standardtrainingsplans einen Freizeitläufer so auf einen Marathon vorzubereiten, dass die Person die 42,195 Kilometer ohne größere Schwierigkeiten bewältigen kann Welche unvorhersehbaren Schwierigkeiten insbesondere beim Freizeitsportler können die Leistung sowohl im Training als auch im Wettkampf beeinflussen Im Rahmen dieser Untersuchung bereitete sich eine achtundzwanzigjährige Freizeitsportlerin auf den Frankfurt-Marathon 2001 vor. ... Magisterarbeit aus dem Jahr 2003 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: gut, Johann Wolfgang Goethe-Universität Frankfurt am Main (Sportwissenschaftliches Institut), 35 Quellen im Literaturverzeichnis, Sprache: Deutsch.Author: Weil, Marcel Publisher: GRIN Verlag Illustration: N Language: GER Title: Trainingsplanung, Leistungsdiagnostik und Trainingssteuerung beim Marathonlauf. Ein Fallbeispiel Pages: 00078 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638316644 Category: Sports & Recreation : General

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