



Gesundheitsorientiertes Krafttraining: Trainingslehre 1 (German Edition)

Kevin Gutsche

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Studienarbeit aus dem Jahr 2014 im Fachbereich Sport - Bewegungs- und Trainingslehre, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Mit der Person soll ein Mehrwiederholungskrafttest auf Basis der ILB-Methode ausgeführt werden, weil der Sportler nach dieser Methode im Makrozyklus auch trainieren soll.

Grundprinzip dieses Krafttests ist, dass vorher eine Wiederholung festgelegt und dann mit bestimmten Übungen das maximal bewältigbare Gewicht ermittelt wird. Der Sportler fängt im ersten Mesozyklus mit einem Kraftausdauertraining mit 15 Wiederholungen an. Es werden beim Krafttest alle Übungen des ersten Mesozyklus getestet, um das Gewicht für das Training ermitteln.

Es wird also ermittelt, welches Gewicht maximal bei einer Wiederholungszahl von 15 erreicht wird.

Folgende Übungen sollen getestet werden: [...]

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