



Periodisierung und Trainingsplanung im Ausdauertraining (German Edition)

Isabelle Glauner

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Studienarbeit aus dem Jahr 2010 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,7,
Ruprecht-Karls-Universität Heidelberg, Sprache: Deutsch, Abstract: Im Folgenden soll auf verschiedene
Aspekte der Periodisierung und Trainingsplanung näher eingegangen werden.
Dabei werden die einzelnen Trainingszyklen, die Periodisierungsphasen im Kontext einer
Jahrestrainingsplanung sowie die Periodisierungsmodelle der Einfach- und Doppelperiodisierung detaillierter
betrachtet. Abschließend werden einige Charakteristika der Trainingsplanung vorgestellt.

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