



Krafttraining im Ausdauersport (German Edition)

Peter Franken, Jens Hasenbank-Kriegbaum

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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, Abstract: 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.

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