



Trainingsplanung Ausdauer: Literaturrecherche zum Thema "Effekte des Ausdauertrainings bei arterieller Hypertonie" (German Edition)

Sven Schmauder

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,5, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Das Hauptziel für den Kunden ist der Erhalt der Ausdauer und die Kompensation von den zukünftig fehlenden Ausdauertrainingseinheiten im Kursbereich (2 Ausdauerbetonte Kurse á 60 min.). Dafür wird ein Zeitrahmen von ca. 3 Monaten veranschlagt, um herausfiltern zu können (in einer späteren Evaluation/Re-Check), ob die bevorstehende Trainingsbelastung den geplanten Trainingseffekt erzielt.

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