



Trainingsplanung zur Steigerung der Ausdauer: Trainingslehre 2 (German Edition)

Erik Janus

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Studienarbeit aus dem Jahr 2013 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,7,
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract:
Diagnose, Fahrradergometertest nach Hollmann / Venrath, Zielsetzung, Trainingsplanung und Begründung
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