



Das Training der aeroben Ausdauer am Beispiel des Laufs (German Edition)

Mathias Herbst

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Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2, Otto-von-Guericke-Universität Magdeburg (Institut für Sportwissenschaft), Veranstaltung: Trainingslehre/Bewegungslehre, Sprache: Deutsch, Abstract: In der heutigen hochmodernen Industriegesellschaft ist Sport ein fester Bestandteil des „New-Age-Lifestyles“. Gerade deshalb werden immer höhere Erwartungen an die Trainingswissenschaft gestellt. Deshalb hat sich der Trainingsbegriff vom Leistungssport auch auf den Schul- und Breitensport ausgeweitet. Besonders der Fitness-, Gesundheits- und Alterssport erfreut sich immer größerer Beliebtheit. Doch was versteht man eigentlich unter Trainingswissenschaft? Was macht Training zu einer Wissenschaft? Und wie kann man diese Wissenschaft für den eigenen Fortschritt im Lauftraining für sich verwenden?

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