



# Trainingslehre II: Ausdauertraining (German Edition)

*Christina Reuter*

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2,9, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Das Ausdauertraining der Testperson soll zum einen eine Leistungssteigerung des Herzens erzielen sowie die Herzfrequenz in Ruhe verbessern. Der Trainingsplan des Mesozyklus umfasst insgesamt 6 Wochen. Zusätzlich wird innerhalb der Arbeit untersucht, ob körperliches Training die tägliche Belastung von Patienten mit chronisch obstruktiver Lungenerkrankung (COPD) verbessern kann.

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