



Schwellenkonzepte der anaeroben Laktatschwelle in Ausdauersportarten (German Edition)

Kristin Retzlaff, Dirk Krause

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Studienarbeit aus dem Jahr 2003 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: sehr gut (1), Otto-von-Guericke-Universität Magdeburg (Institut für Sportwissenschaft), Veranstaltung: Sportmedizinische Aspekte des Leistungstrainings, Sprache: Deutsch, Abstract: Das Training von Ausdauersportarten ist in der Literatur vielseitig vertreten. Diese Broschüre legt grundsätzlich anerkannte Konzepte der Trainingswissenschaft zu den Laktatschwellen dar. Es werden Toleranzgrenzen des Leistungsfaktors Ausdauer und deren Anwendung aufgezeigt.



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