



Ausdauertraining: Grundlagen Methoden Trainingssteuerung (German Edition)

Andrea Eisenhut, Fritz Zintl

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Ausdauer hat als konditionelles Element eine wesentliche Bedeutung für jede sportliche Betätigung - egal, ob es sich um Gesundheits-, Freizeit- oder Leistungssport handelt. Das Basiswissen, das der Band "Ausdauertraining" bietet, gehört daher für alle Sportler, Sportlehrer und Trainer zum täglichen Handwerkszeug und damit in ihre Sporttasche.

Das Buch von Andrea Eisenhut und Fritz Zintl ist ein Grundlehrwerk zum Ausdauertraining und beschäftigt sich mit einer großen Bandbreite von Aspekten: Zunächst geben sie eine Einführung in die Terminologie der Trainingslehre und charakterisieren die konditionelle Fähigkeit Ausdauer, die Autoren erläutern die sportbiologischen Grundlagen zum Komplex Ausdauer und die Methoden des Ausdauertrainings in ihrer spezifischen Gestalt und Wirkung in verschiedenen Sportbereichen und Sportarten.

Aus der Sicht der Trainingspraxis beschreiben sie die Trainingsmethoden für die einzelnen Ausdauerarten und erörtern in diesem Zusammenhang generell die Steuerung der Ausdauerleistungsfähigkeiten. In einem abschließenden Kapitel behandeln sie die Besonderheiten der Ausdauerfähigkeiten und des Ausdauertrainings bei Kindern und Jugendlichen.

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