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JÖRG VALENTIN

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BEITRÄGE ZUM LEISTUNGSTRAINING



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Trainingspraxis Laufen Beitr Ge Zum Leistungstraining

Lothar Pöhlitz, Jörg Valentin



Trainingspraxis Laufen Beitr Ge Zum Leistungstraining:

Trainingspraxis Laufen Lothar Pöhlitz, Jörg Valentin, 2015-06-29 Zur Elite im Sport zu geh ren ist ein Privileg Aber es ist nichts Exklusives wenn man es nicht zu nutzen versteht Von L ufern und ihren Trainern die zu Weltrekorden und Olympia Siegen bzw vergleichbar hohen Leistungen in der Lage waren wurde im Nachhinein meist bekannt dass Sie immer auch au ergew hnlich trainiert haben Neues wagen Ver nderungen bringen den Fortschritt In der Quantit t des Qualit tstrainings finden auch Sie den Schl ssel In Trainingspraxis Laufen von Lothar P hlitz Dipl Sportlehrer f r Leistungssport Sportwissenschaftler 18 Jahre Lauf Bundestrainer im DLV dreifacher Olympiatrainer f r Deutschland und durch vielfache Ver ffentlichungen in Fachzeitschriften und der Leichtathletik Coaching Academy bekannt wurde Wissen und sportpraktische Erfahrungen aus inzwischen mehr als 55 j hriger Arbeit im Leistungs und Hochleistungstraining f r Sie aufbereitet Ambitionierte leistungsorientierte Trainer L ufer Sportlehrer und Sportstudenten werden unter dem Motto Trainer f r Trainer in allen Mittel und Langstreckendisziplinen nicht nur mit modernen Trainingsmethoden konfrontiert sondern erhalten auch konkrete praktische Anleitung f r ihr t gliches Training und die Wettkampfgestaltung Damit wird die gegenw rtige Fachliteratur fu r die olympischen Laufdisziplinen von 800 m bis zum Marathonlauf am Markt erg nzt und Trainern als auch Athleten aller Altersklassen vor allem Praxishilfen f r ihre Arbeit im Wald im Gel nde in der Halle im Kraftraum oder auf der Laufbahn gegeben Die Theorie aus den angrenzenden Wissenschaftsgebieten ist nur soweit Basis wie sie f r das bessere Verst ndnis der Trainingswissenschaft erforderlich ist *Trainingspraxis Laufen II* Lothar Pöhlitz, Jörg Valentin, 2016-10-04 In diesem Buch mit vielseitigen Beitr gen zur Trainingsmethodik in den olympischen Laufdisziplinen wird das notwendige Wissen zum Aufbau von Topleistungen im Mittel Langstrecken Hindernis und Stra enlauf weiter abgerundet Trainingspraxis Laufen II Beitr ge zum Sch ler und Nachwuchsleistungstraining hilft Trainern und ihren jungen begabten Talenten auf ihrem angestrebten Weg auf die internationale B hne Es vermittelt die notwendigen Voraussetzungen zu neuen pers nlichen Bestleistungen und gibt konkrete praktische Anleitungen f r das t gliche Training und die Wettkampfgestaltung Ein komplexes Training Ehrgeiz Flei H rte Leidenschaft Disziplin und eine optimale Ern hrung ausreichend Erholung Schlaf kompetente Nachwuchstrainer und mentale St rke in den Rennen bereiten sp tere Erfolge im Hochleistungstraining vor

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