



Trainingsplanung für das Ausdauertraining: Diagnose, Ausdauerwertung und Trainingsplanung (German Edition)

Nicole Spahn

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Sportökonomie, Sportmanagement, Note: 0,5, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: In dieser Arbeit wird eine Trainingsplanung für das Ausdauertraining für eine beliebige Person erstellt. Es handelt sich um Herrn G. aus dem Ausbildungsbetrieb. Somit entsprechen die folgenden Messwerte der Realität.

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