



# Erstellung eines Trainingsplans nach der ILB-Methode: Trainingslehre (German Edition)

*Stephanie Gebauer*

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,7, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: In der Arbeit wird ein 7-monatiger Trainingsplan für ein Krafttraining für eine Frau im Alter von 34 erstellt.

Neben einer Krafttestung mittel ILB werden drei relevante Ziele der Probandin festgelegt.

Die Trainingsplanerstellung erfolgt mittels einer Makro- und Mesozyklusplanung, bei der zusätzlich die einzelnen Trainingsübungen dargestellt werden.

Im Anschluss an die Trainingsplanerstellung erfolgt eine Literaturrecherche zu dem Thema: Effekte des Krafttrainings bei Osteoporose.

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