



Trainingsteuerung/Trainingsplanung im Krafttraining nach der ILB-Methode (German Edition)

Dennis Quick

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Studienarbeit aus dem Jahr 2002 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, BSA-Akademie Saarbrücken (Fitnesstrainer B-Lizenz BSA), Veranstaltung: Trainerlehrgang BSA-Akademie B-Lizenz, Sprache: Deutsch, Abstract: 1 Trainingsteuerung/Trainingsplanung im Krafttraining nach der ILB – Methode

- 1.1 Diagnose
- 1.2 Zielsetzung / Prognose
- 1.3 Trainingsplanung nach der ILB-Methode
 - 1.3.1 Makrozyklus
 - 1.3.2 Mesozyklus
 - 1.3.3 Mikrozyklus
- 1.4 Analyse (Re-Test)
- 2 Allgemeine Trainingslehre
 - 2.1 Bearbeitung der 6 gestellten Aufgaben
- 3 Übungsanalyse
 - 3.1 Brustmuskulatur (Langhantelbankdrücken)
 - 3.2 Armstreckmuskulatur (Armstrecken am Zuggerät (OG))
- 4 Quellenangabe

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