



# Trainingsplanung zur Steigerung der Ausdauer: Trainingslehre 2 (German Edition)

*Erik Janus*

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**Trainingsplanung zur Steigerung der Ausdauer: Trainingslehre 2 (German Edition)** Erik Janus  
Studienarbeit aus dem Jahr 2013 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,7,  
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract:  
Diagnose, Fahrradergometertest nach Hollmann / Venrath, Zielsetzung, Trainingsplanung und Begründung  
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