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Florian Hanakam

Laufen und Herzfrequenz

Laufen Herzfrequenz Florian Hanakam

Florian Hanakam



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Laufen und Herzfrequenz Florian Hanakam, 2015-06-01 Freizeitsportliches Laufen stellt eine der am häufigsten betriebenen Ausdauersportarten dar. Dabei stellt sich dem interessierten Sportler häufig die Frage, wie er sein Training steuern soll. Das vorliegende Buch stellt die Vor- und Nachteile unterschiedlicher Methoden gegenüber. Dabei rückt die Herzfrequenz als eine der möglichen Methoden in den Mittelpunkt des Interesses. Auf Grundlage wissenschaftlicher Untersuchungen werden für unterschiedliche Rahmenbedingungen wie Laufen bei kalter Hitze oder Laufen mit Musikunterstützung neue Erkenntnisse vorgestellt. Geschlechts-, alters- und leistungsorientierte Formeln und anwendungsfreudige Tabellen runden das Buch ab. Trainingssteuerung des Freizeitläufers unter besonderer Berücksichtigung der Herzfrequenz Florian Hanakam, 2011

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