

A photograph of two runners, a woman and a man, running on a paved road. They are wearing white long-sleeved shirts and blue shorts. The woman is on the left, wearing a white cap and sunglasses. The man is on the right, wearing a blue cap and a blue neck gaiter. They are both holding water bottles. The background shows a clear blue sky and a range of mountains.

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MARATHON!**

WOLFGANG OLBRICH

HANDBUCH ULTRALAUF

**TRAININGSPLÄNE FÜR 50 KM UND MEHR
MENTALTRAINING
ERNÄHRUNGSTIPPS**

**MEYER
& MEYER
VERLAG**

Handbuch Ultralauf Wolfgang Olbrich

Thomas Steffens, Jürg Wirz



Handbuch Ultralauf Wolfgang Olbrich:

Handbuch Ultralauf Wolfgang Olbrich, 2015-08-31 Dieses Buch bietet einen umfassenden Überblick über den Bereich des Ultralangstreckenlaufes. Neben der Geschichte des Ultramarathons werden einleitend kurz die deutschen und internationalen Verbände und Meisterschaften präsentiert. Anschließend werden ausgewählte nationale und internationale Laufveranstaltungen beschrieben. Im Hauptteil erhalten Breitensportler und ambitionierte Läufer eine kompetente Anleitung, die es ihnen ermöglicht ein strukturiertes Training für die Ultradistanzen durchführen zu können. Pläne für 50 km, 100 km, 180 km sowie Mehrtages- und Etappenläufe werden vorgestellt. Hier erfahren Läufer, was sie tun müssen, um diese Leistungen vollbringen zu können. Es wird auch aufgezeigt, dass der Trainingsaufwand auch für interessierte Marathonläufer möglich ist und gar nicht so weit von einem guten Marathontraining entfernt liegt. Informationen zur richtigen Ernährung, zu orthopädischen Problemen, zu typischen Beschwerden bei Ultraläufern sowie zum Mentaltraining bieten optimale Vorbereitungsmöglichkeiten für einen Ultralauf. Abschließend werden Hinweise zur Ausrüstung gegeben. Auch weiterführende Literatur sowie nützliche Links finden sich am Ende des Buches. Neben dem Training bringt das Buch dem Leser auch die Faszination dieses Sports näher und lässt die Szene durch 10 Portraits bedeutender Läufer und Läuferinnen sowie durch ausgesuchte Laufgeschichten mit all ihren Facetten lebendig werden.

Handbuch Ultralauf Wolfgang Olbrich, 2011 **Helden für die Ewigkeit** Thomas Steffens, Jürg Wirz, 2011 *Trainingspraxis Laufen* Lothar Pöhlitz, Jörg Valentin, 2015-06-29 Zur Elite im Sport zu gehören ist ein Privileg. Aber es ist nichts Exklusives, wenn man es nicht zu nutzen versteht. Von Läufern und ihren Trainern, die zu Weltrekorden und Olympia Siegen bzw. vergleichbar hohen Leistungen in der Lage waren, wurde im Nachhinein meist bekannt, dass Sie immer auch außergewöhnlich trainiert haben. Neues wagen, Veränderungen bringen, den Fortschritt in der Quantität des Qualitätstrainings finden, auch Sie den Schlüssel. In *Trainingspraxis Laufen* von Lothar Pöhlitz, Dipl. Sportlehrer für Leistungssport, Sportwissenschaftler, 18 Jahre Lauf-Bundestrainer im DLV, dreifacher Olympiatrainer für Deutschland und durch vielfache Veröffentlichungen in Fachzeitschriften und der Leichtathletik Coaching Academy bekannt, wurde Wissen und sportpraktische Erfahrungen aus inzwischen mehr als 55-jähriger Arbeit im Leistungs- und Hochleistungstraining für Sie aufbereitet. Ambitionierte, leistungsorientierte Trainer, Läufer, Sportlehrer und Sportstudenten werden unter dem Motto „Trainer für Trainer“ in allen Mittel- und Langstreckendisziplinen nicht nur mit modernen Trainingsmethoden konfrontiert, sondern erhalten auch konkrete praktische Anleitung für ihr tägliches Training und die Wettkampfgestaltung. Damit wird die gegenwärtige Fachliteratur für die olympischen Laufdisziplinen von 800 m bis zum Marathonlauf am Markt ergänzt und Trainern als auch Athleten aller Altersklassen vor allem Praxishilfen für ihre Arbeit im Wald, im Gelände, in der Halle, im Krafraum oder auf der Laufbahn gegeben. Die Theorie aus den angrenzenden Wissenschaftsgebieten ist nur soweit Basis, wie sie für das bessere Verständnis der Trainingswissenschaft erforderlich ist. **Mentaltraining für Läufer** Michele Ufer, 2017-09-11 Dieser Ratgeber gibt dem Leser in kompakter Form hochwirksame Übungen zum psychologisch fundierten

Selbstcoaching und mentales Training sowie Dankbarkeit zur Selbstreflexion an die Hand. Die Ansätze haben sich im Rahmen von Coachings mit zahlreichen Ausdauersportlern im In und Ausland bewährt, um signifikante, teils auch dramatische Verbesserungen in den Bereichen Motivation, Leistung und Gesundheit/Wohlbefinden zu erzielen. Das Ganze wird ergänzt um spannende Fallstudien aus der Coachingpraxis. Hier oder da hilft ein kleiner Exkurs in die Wissenschaft, um die Gründe für bestimmte Vorgehensweisen zu verstehen. Aber stets bleiben die Praxis und direkte Anwendung des Know-hows im Fokus. Abseits marktschreierischer Versprechungen wird der Leser angeleitet, auf der Basis einer persönlichen Standortbestimmung einen individuell zugeschnittenen mentalen Trainingsplan zu entwickeln und in den sportlichen Alltag zu integrieren. Das Buch präsentiert auf einmalige Weise die Erfahrungen und das Know-how eines sportpsychologischen Experten, der zahlreiche Läufer und andere Ausdauersportler psychologisch coacht. Darüber hinaus zu psychologischen Aspekten im Laufsport forscht regelmäßig bei seiner Arbeit in Vorträgen auf wissenschaftlichen Kongressen und in Zeitschriftenartikeln berichtet und selbst wiederholt bei internationalen Extrem-Läufen TOP 10 Platzierungen erzielt.

Biographisches Handbuch zur Geschichte der deutschen Leichtathletik 1898-1998 Klaus Amrhein, 1999 *Verzeichnis lieferbarer Bücher*, 2002 **Deutscher Literatur-Katalog** Koch, Neff & Oetinger & Co.; Koehler & Volckmar, 1980 **Bücher aus der DDR**, 1988 **Deutsche Nationalbibliographie und Bibliographie der im Ausland erschienenen deutschsprachigen Veröffentlichungen**, 1991

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