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Yicheng Fang

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web ausdauer für einsteiger diese fehler sollten sie vermeiden wie sie als

sporteinsteiger ihre ausdauer trainieren ohne den körper zu überfordern sporteinsteiger die ihre ausdauer trainieren möchten sollten mit dem training langsam starten
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 web dec 1 2021 vom 5 zum 10 kilometer läufer aufsteigen vom halbmarathon zum marathonläufer kein problem unsere trainingstipps und beispiele machen es für alle möglich die eigenen grenzen zu verschieben
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web jul 27 2021 ausdauertraining die richtige technik regelmäßiges ausdauertraining wirkt sich auf organe muskeln und andere körperstrukturen aus da diese sich unterschiedlich schnell anpassen sollte man dies im trainingsplan berücksichtigen
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web apr 26 2020 während radfahren zur arbeit oder 30 minuten joggen unbedenklich sind zählt bei intensiverem training das richtige maß

eine halbe stunde sport an vier bis fünf tagen pro woche gilt als gesund für ausdauerportler ist es ratsam pausen in den trainingsplan einzubauen

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die perfekte kombination krafttraining zielt eher auf eine verbesserung der maximalkraft und steigerung der muskelmasse ab ausdauertraining auf eine steigerung der maximalen sauerstoffaufnahme fähigkeit erfahren sie in diesem artikel wie sie

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web jan 28 2020 foto istock laufen fahrradfahren oder schwimmen ein ausdauertraining verbessert die körperliche fitness wer seine ausdauer aufbaut und sein training gezielt darauf auslegt tut seiner gesundheit gutes hier bekommst du die wichtigsten fakten und tipps zum thema