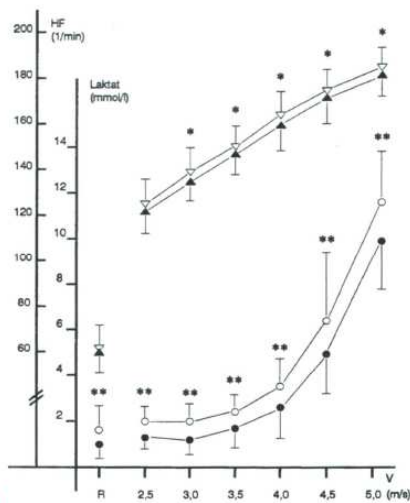


# Interpretation und Auswertung einer Leistungsdiagnostik

## Abweichungen der Laktatkurve

Auswirkung durch Vorbelastung



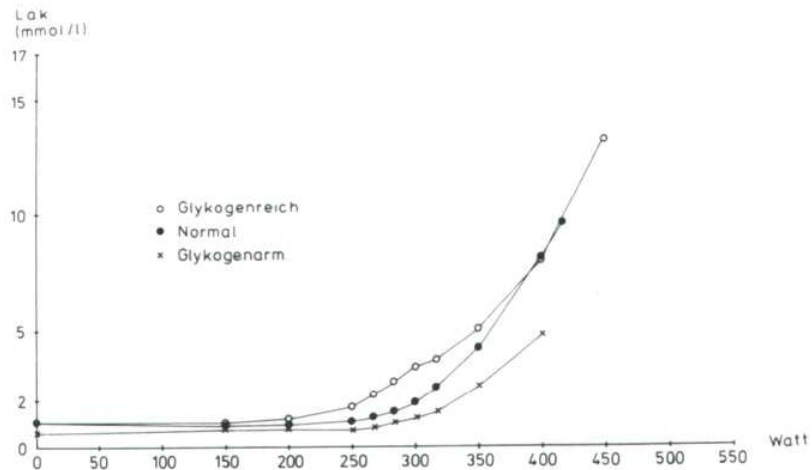
### Testbeschreibung:

Laktat- und Herzfrequenzverhalten von 15 ausdauertrainierten Probanden während einer Laufbelastung vor (weiß) und nach (schwarz) einem Tempolauftuning in Form von 10 x 1000 m Intervallen auf dem Laufband

Simon (1993)

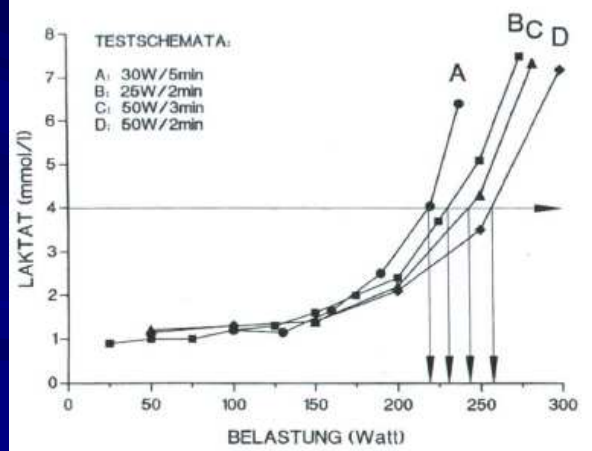
# Abweichungen der Laktatkurve

Auswirkung unterschiedlicher Glykogenbevorratung



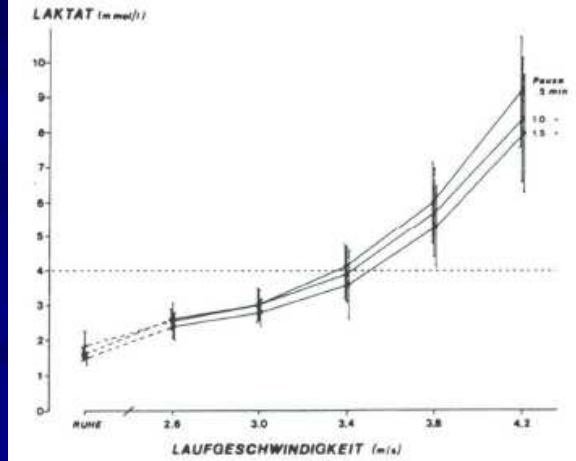
# Abweichungen der Laktatkurve

Auswirkung unterschiedlicher Testprotokolle

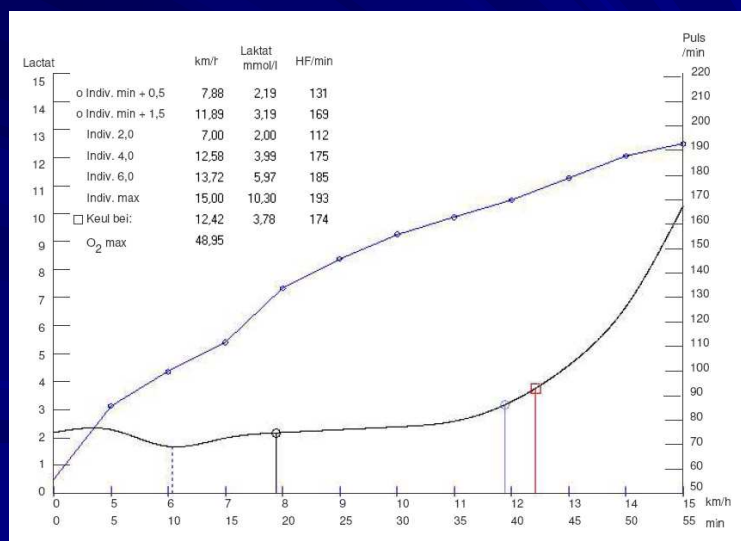


# Abweichungen der Laktatkurve

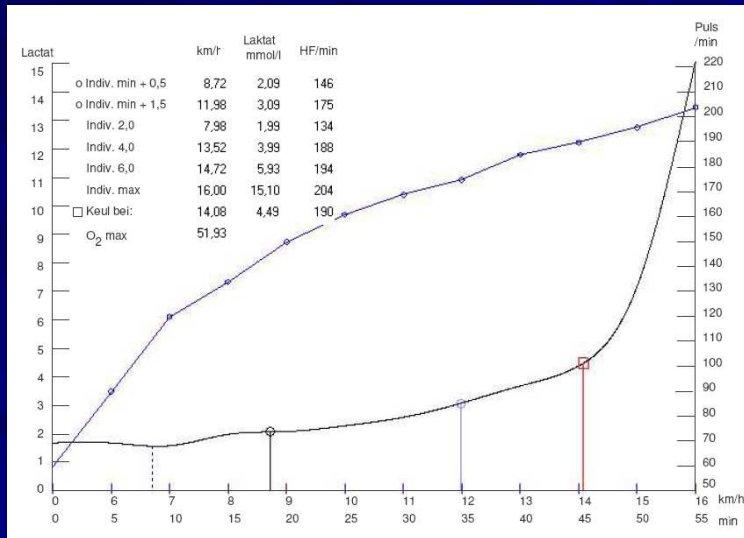
Auswirkung durch Pausendauer



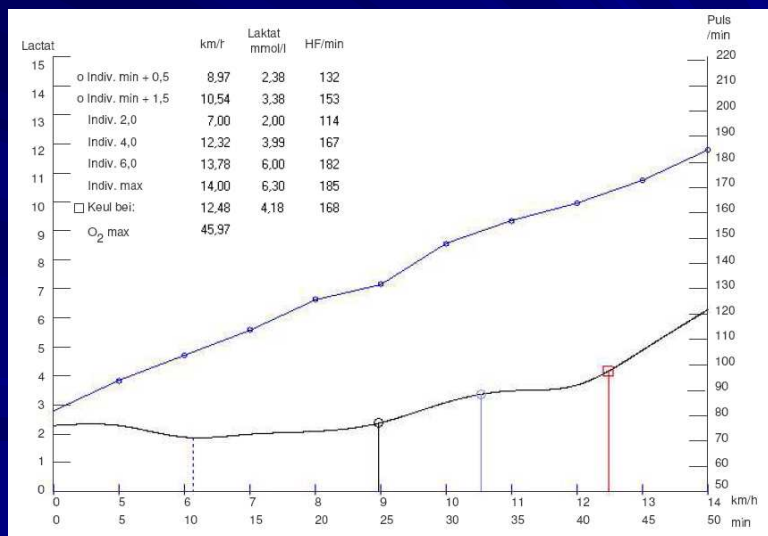
# Proband 2 - Test



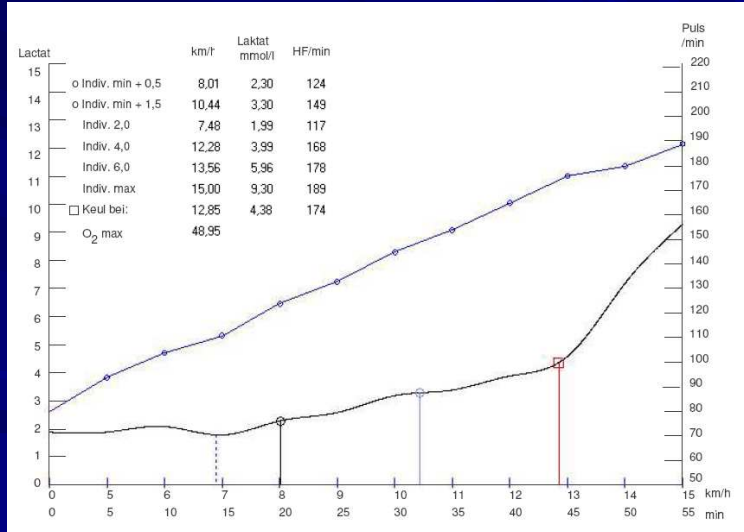
# Proband 2 - Retest



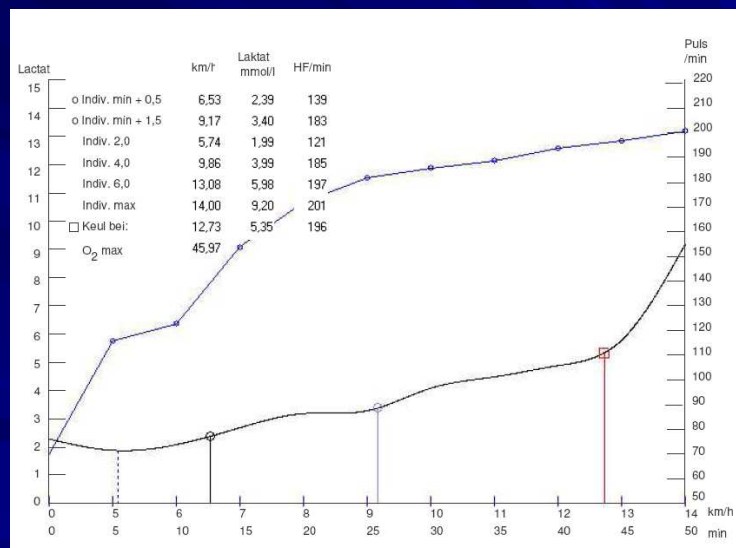
# Proband 3 - Test



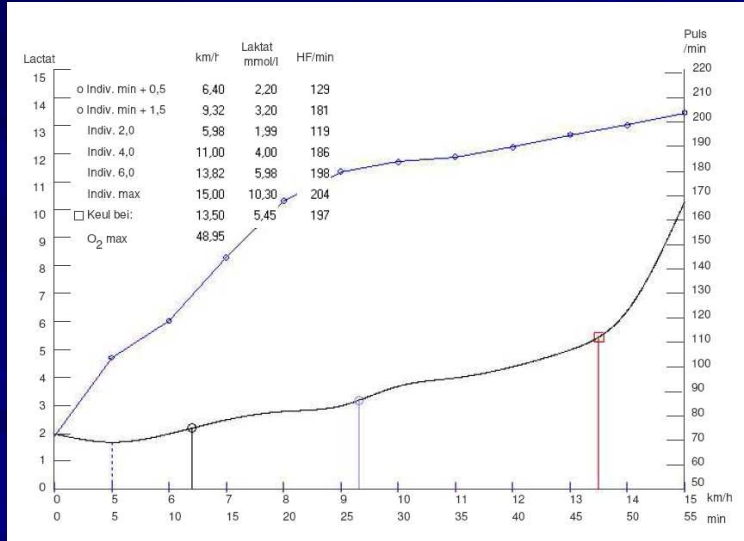
# Proband 3 - Retest



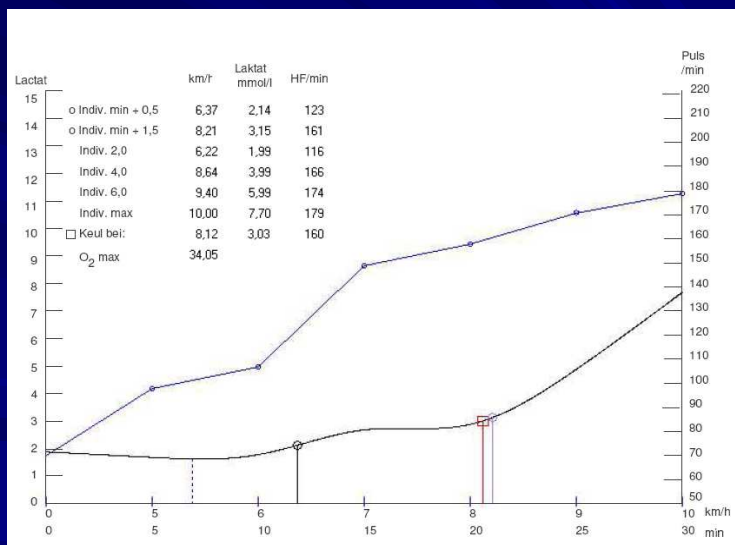
# Proband 4 - Test



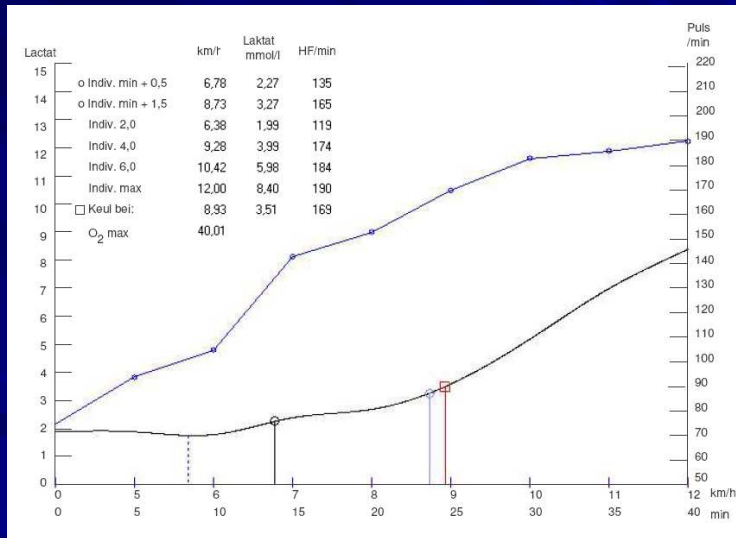
# Proband 4 - Retest



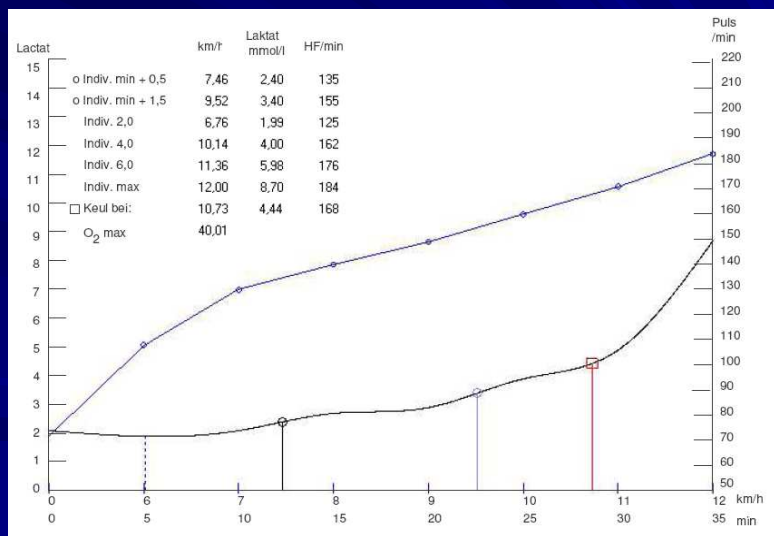
# Proband 5 - Test



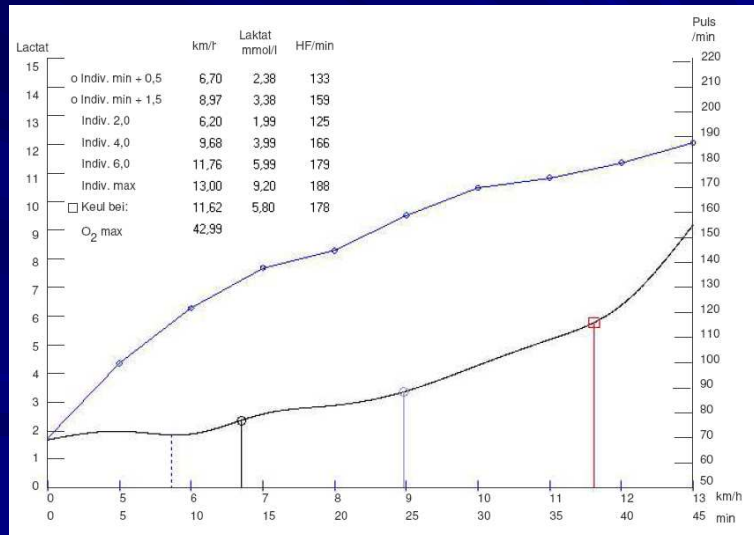
# Proband 5 - Retest



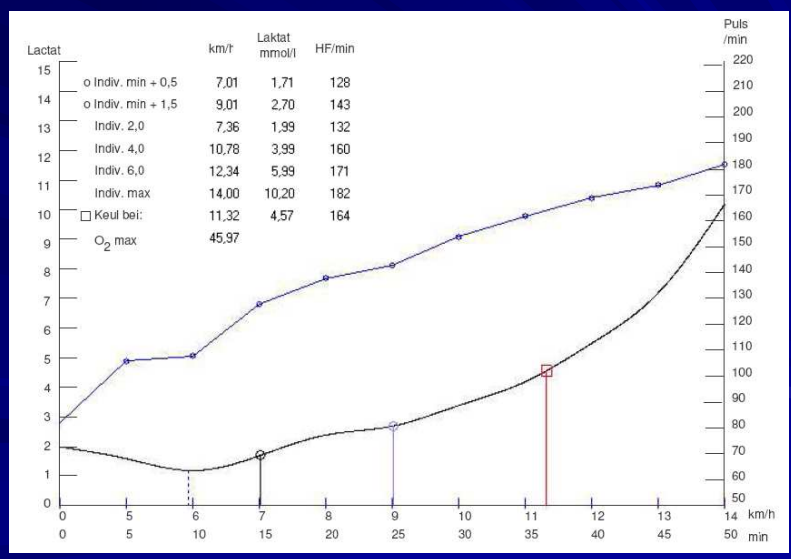
# Proband 6 - Test



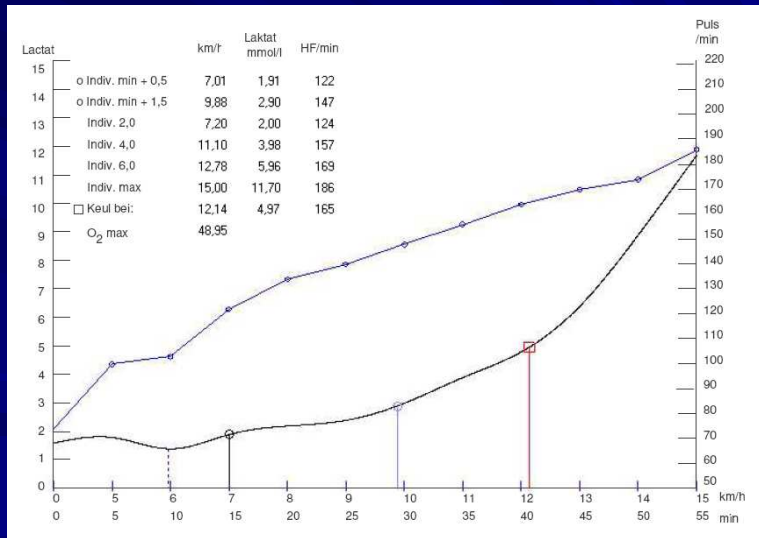
# Proband 6 - Retest



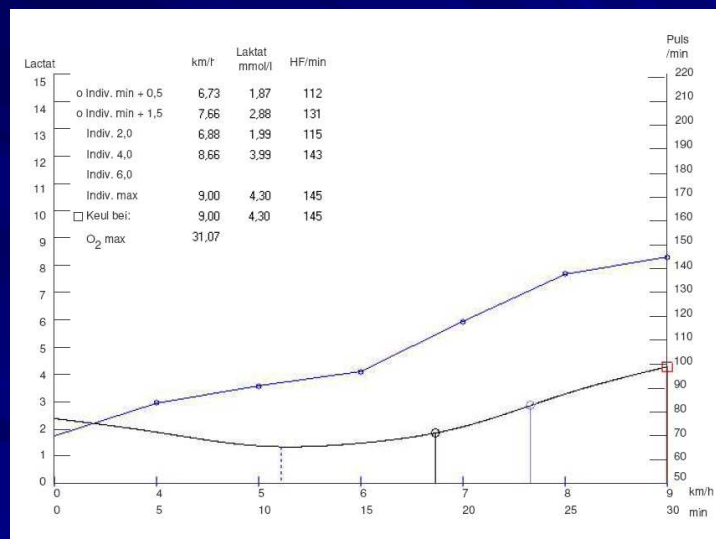
# Proband 7 - Test



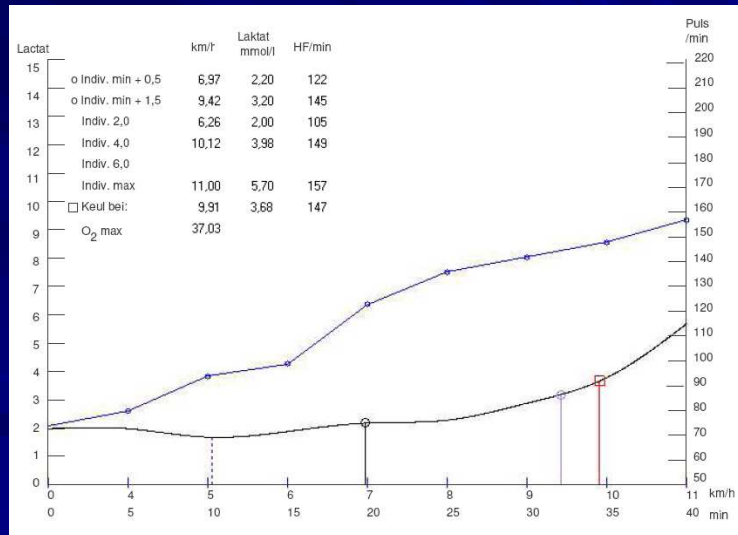
# Proband 7 - Retest



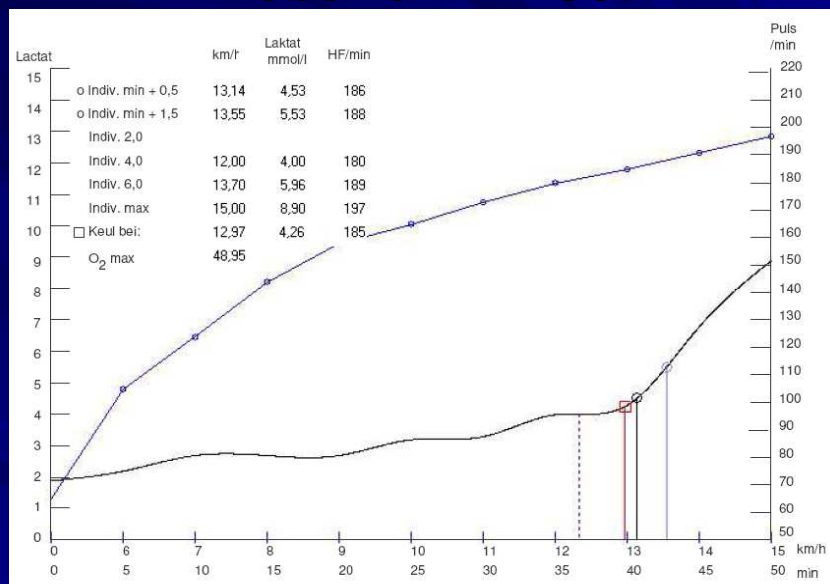
# Proband 8 - Test

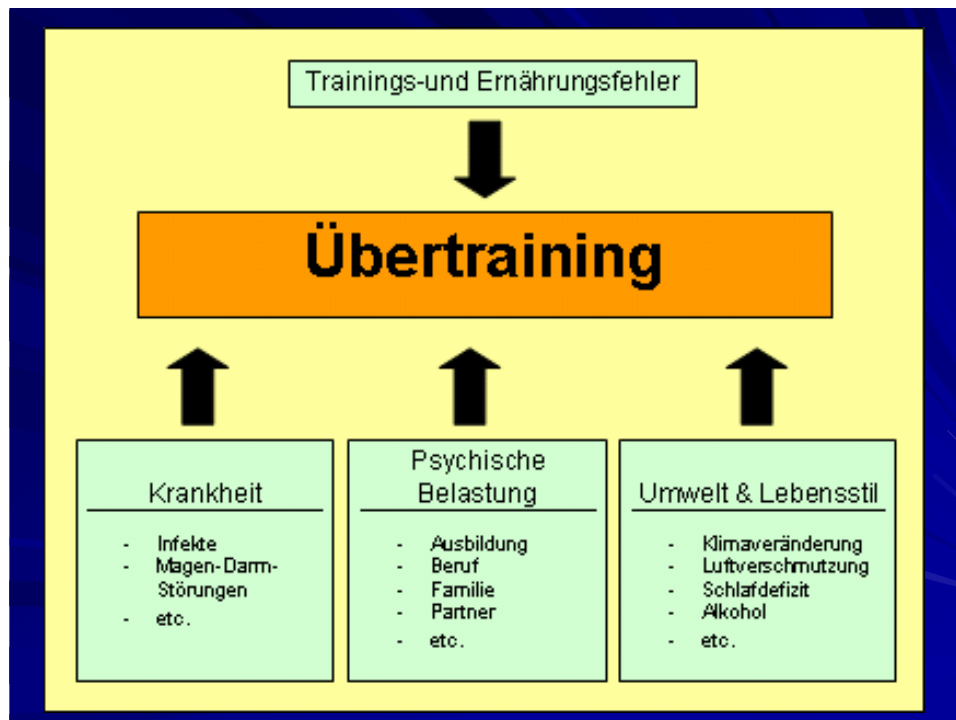


# Proband 8 - Retest



# Proband 1 - Test





## Trainingsempfehlungen

Trainingseinheiten :	Grundlagen AD (GA1)	Intensive AD (GA2)	Extensive Wiederholung	Intensive Wiederholung (Intervalle)
% der An S	80 - 90	90 - 100	100 - 105	105 - 110
Herzfrequenzbereich	<b>148 - 167</b>	<b>167 - 185</b>	<b>185 - 194</b>	<b>194 - 204</b>
Laktat	<b>2,66 - 3,23</b>	<b>3,23 - 4,30</b>	<b>4,30 - 8,04</b>	<b>8,04 - 4,72</b>
1000 m - Zeit m: sec	<b>7:14 - 5:53</b>	<b>5:53 - 4:37</b>	<b>4:37 - 4:08</b>	<b>4:08 - 5:30</b>
10 000 m - Zeit Std: m: sec	<b>1:12:25 - 58:54</b>	<b>58:54 - 46:09</b>	<b>46:09 - 41:16</b>	<b>41:16 - 54:58</b>

# Proband 1 - Retest

