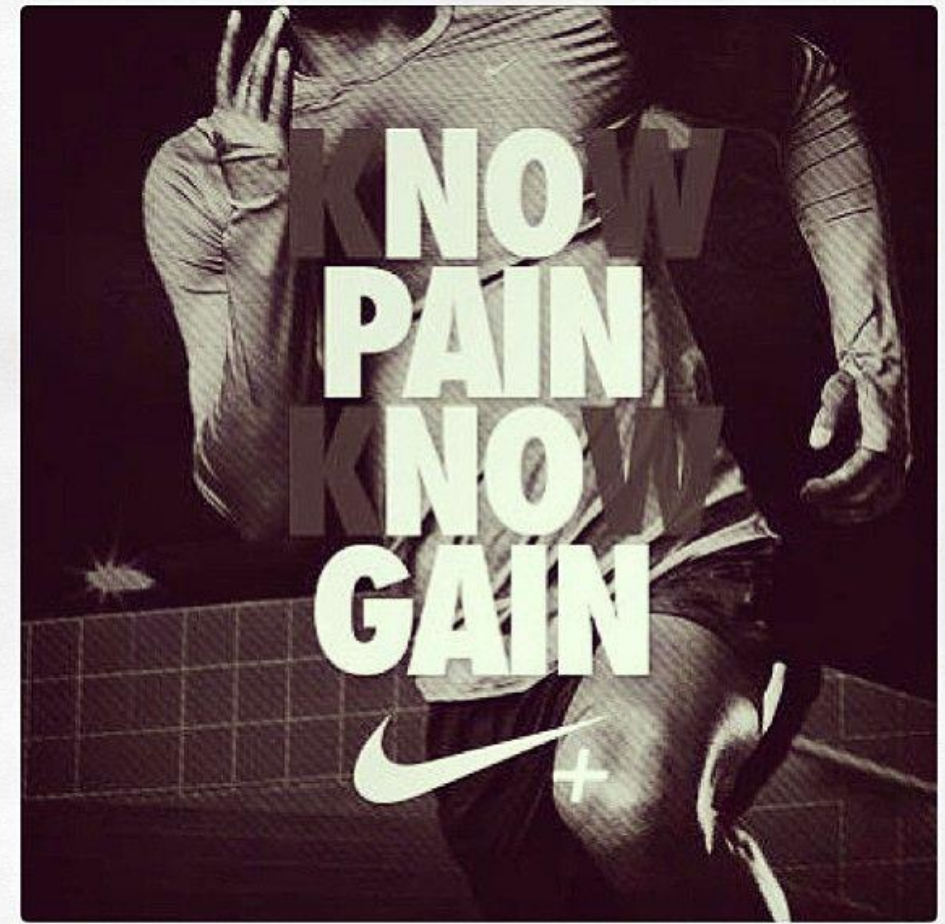


**NO PAIN
NO GAIN**



**NO PAIN
NO GAIN**

TOO MUCH



**NO PAIN, NO GAIN:
THE BIGGEST MYTH
OF PIANO PRACTICE**





Trainingsintensität: Ist Minimieren das neue Maximieren?

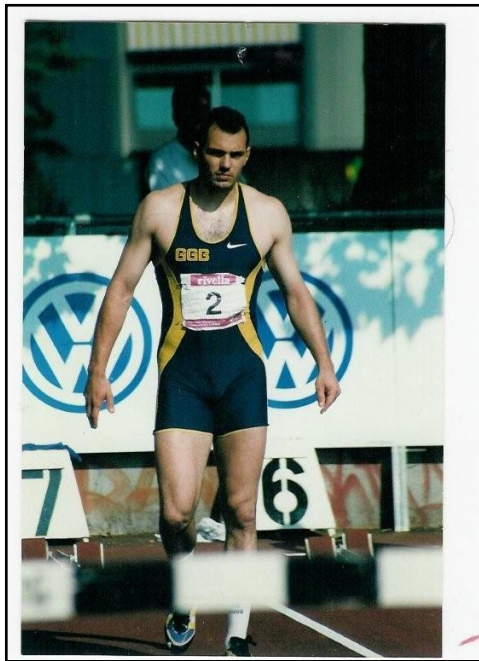
Adrian Rothenbühler

Physiokongress 2024 – Sportphysio-Tag, Januar 2024

Vortrag auswählen, Fragen stellen
und Feedback geben!

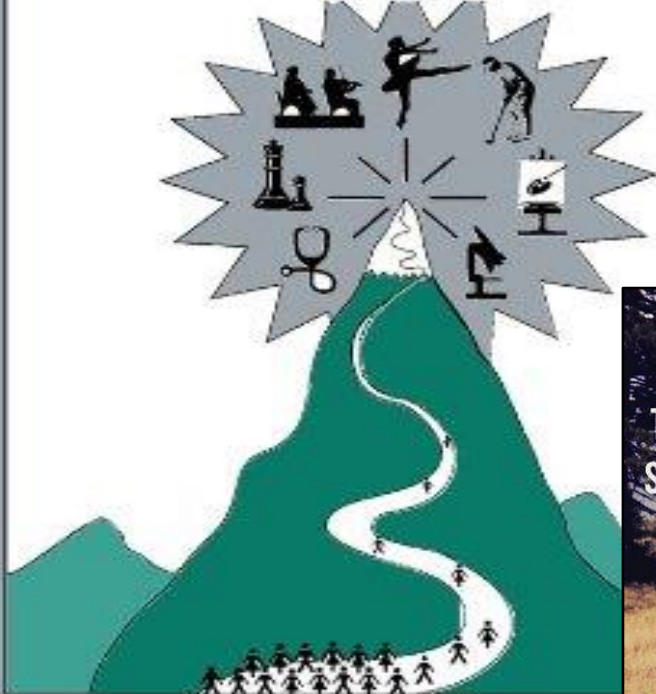


Sli.do
#12709573



THE ROAD TO EXCELLENCE

The Acquisition of Expert Performance in the Arts and Sciences, Sports and Games



Edited by
K. Anders Ericsson

If you do the work, you get rewarded. There are no shortcuts in life.

THERE ARE NO SHORTCUTS TO *endurance.*
YOU HAVE TO TRAIN YOURSELF TO MAKE PEACE WITH THE LONG ROUTE *every day,*

AND DO IT, AND LOVE WHERE IT IS TAKING YOU.

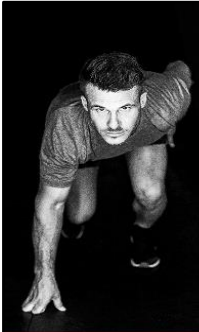
RunLoving.com

THE SOLUTION: VELOCITY BASED TRAINING



MEHR MUSKELN MIT CLUSTER- TRAINING

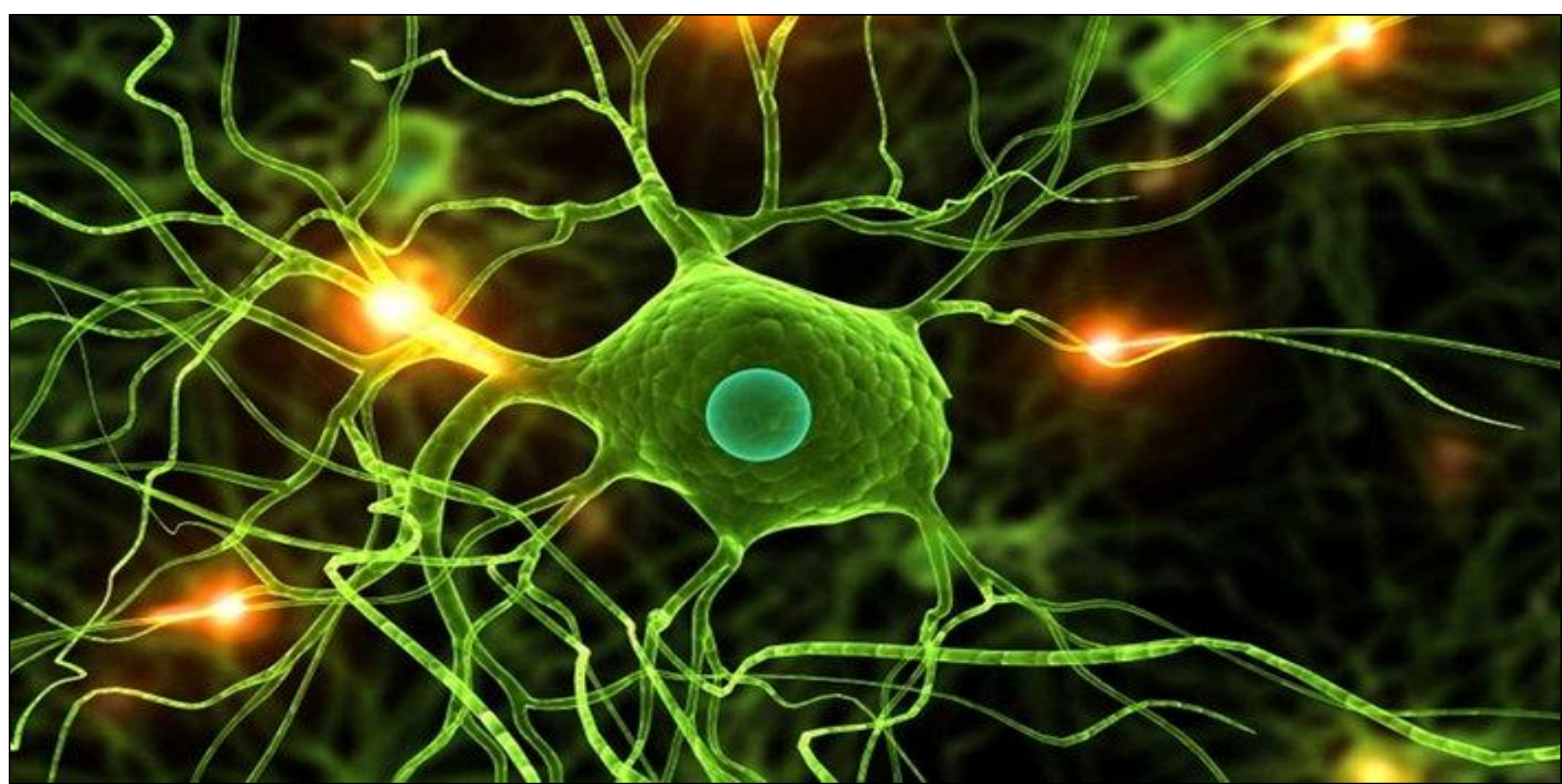
OPTIMALEFITNESS.DE



HIIT YOUR LIMIT

HIGH-INTENSITY
INTERVAL
TRAINING FOR
FAT LOSS, CARDIO,
AND FULL BODY
HEALTH

DR. LEN KRAVITZ



Belastung



Intensität

Qualität
Präzision

Umfang

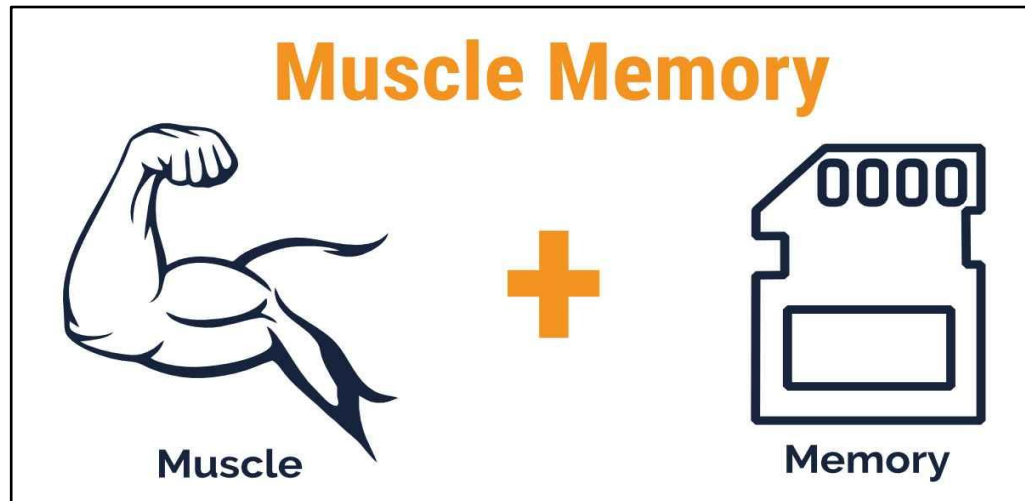
Von was ist das Erreichen einer hohen Trainings-**intensität** abhängig?

Zeitaufwand

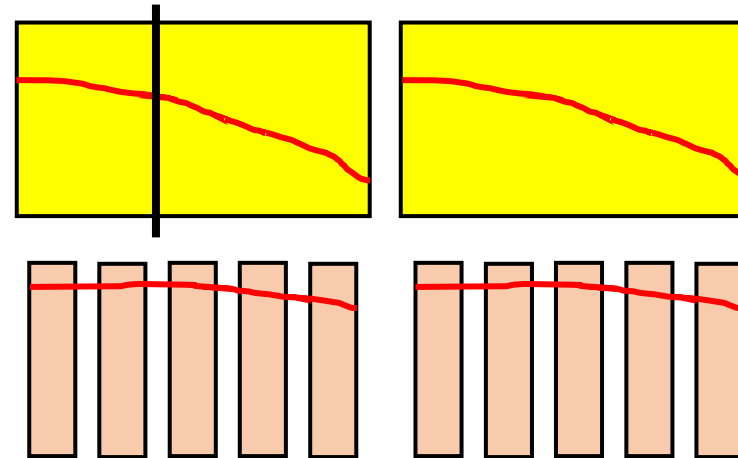
Ausdauer: Hoch intensives Intervalltraining (HIIT)



Markus Tschopp, Eidg. Hochschule für Sport Magglingen



Hypertrophie, ja aber...im Dienste der **Intensität!**

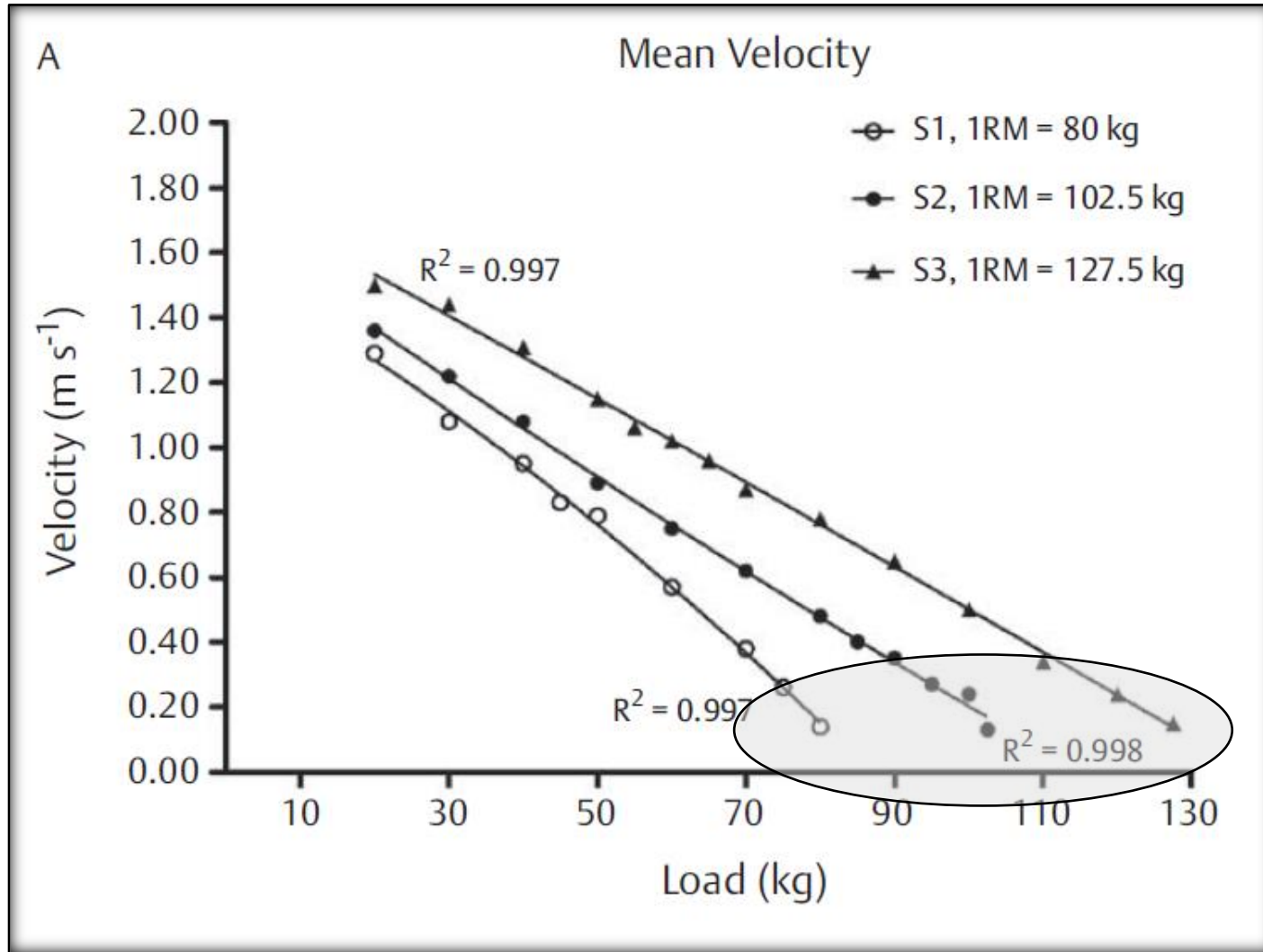


2x 15x

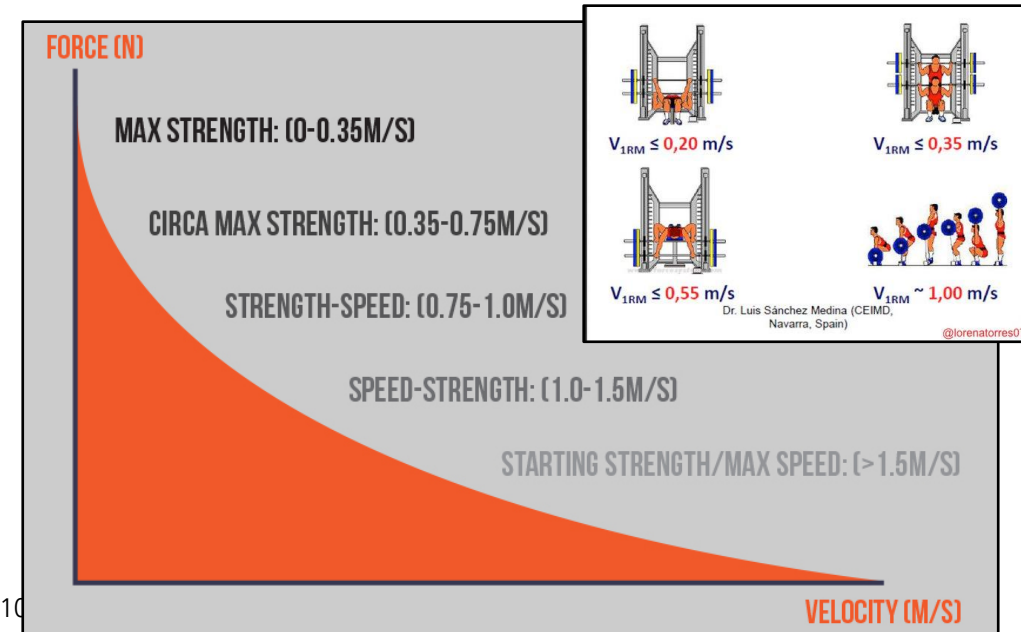
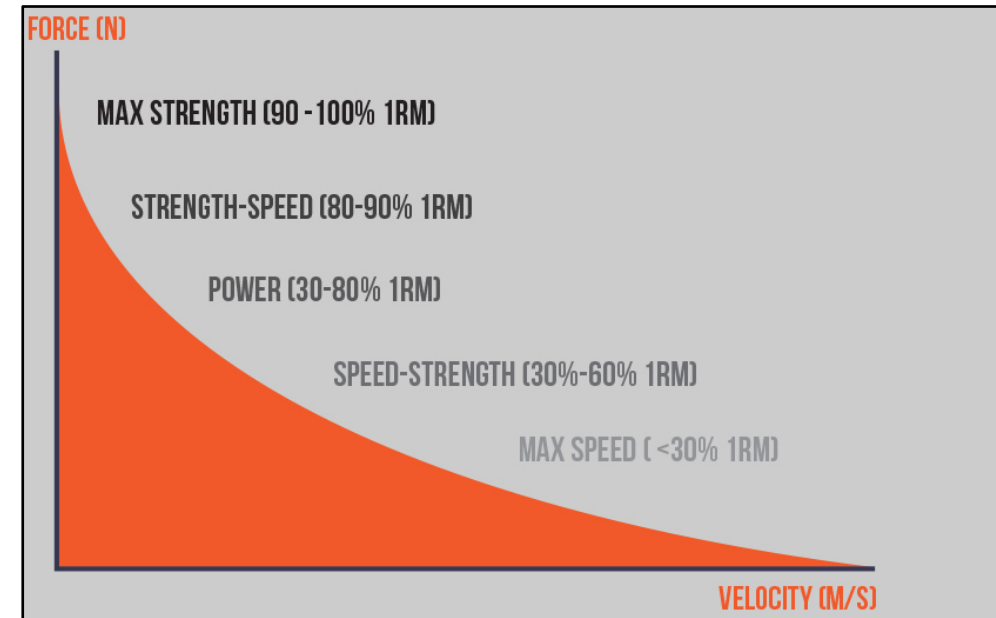
2x (5x 3x)

Pausen: 15s

Kraft: Velocity based Training

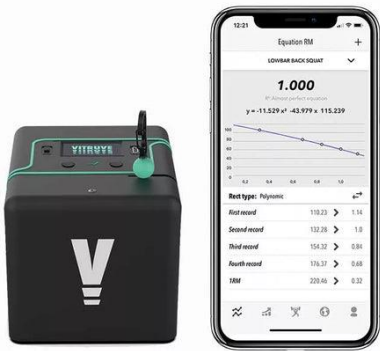
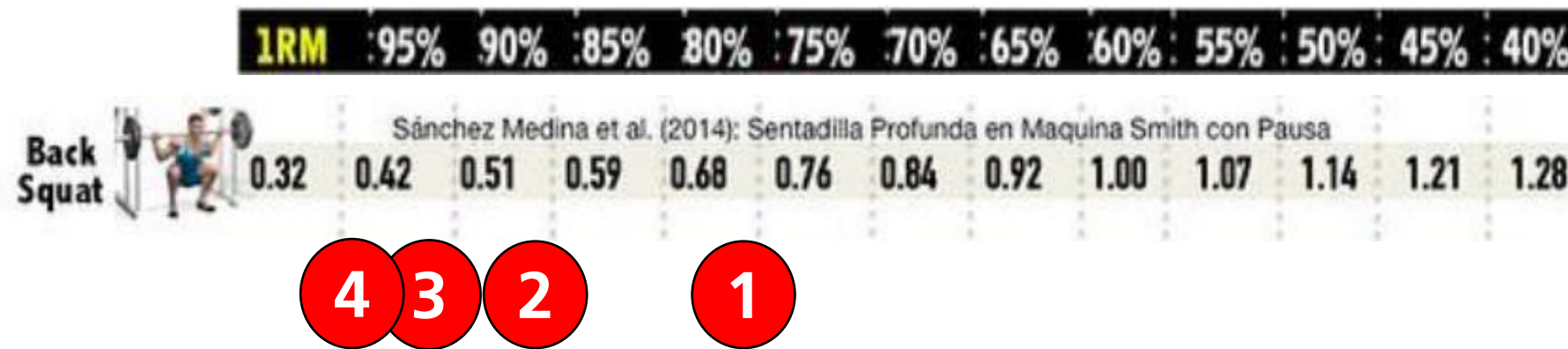


Sachez-Medina, Perez, Gonzalez-Badillo, Int. J. Sports Med. . 31: 123-129. 2010

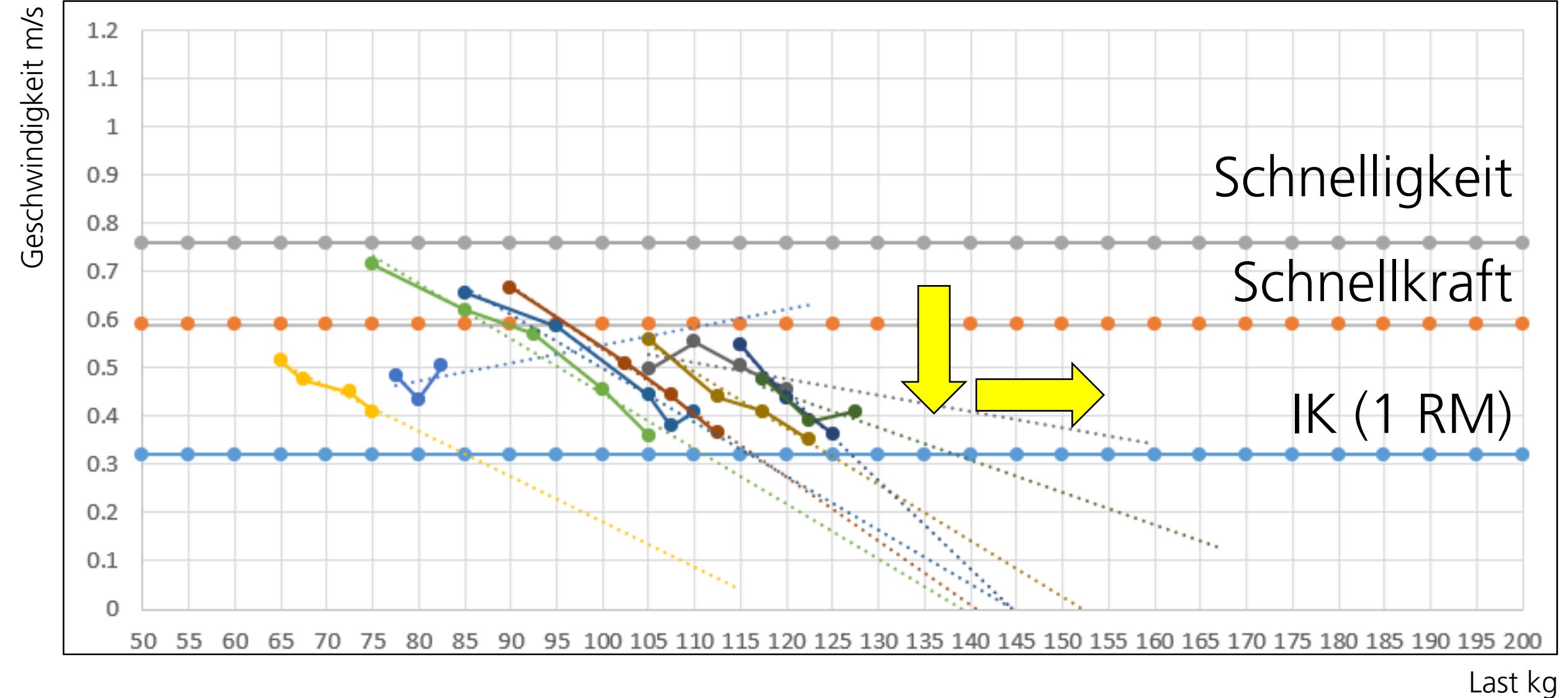


Kraft: Velocity based Training

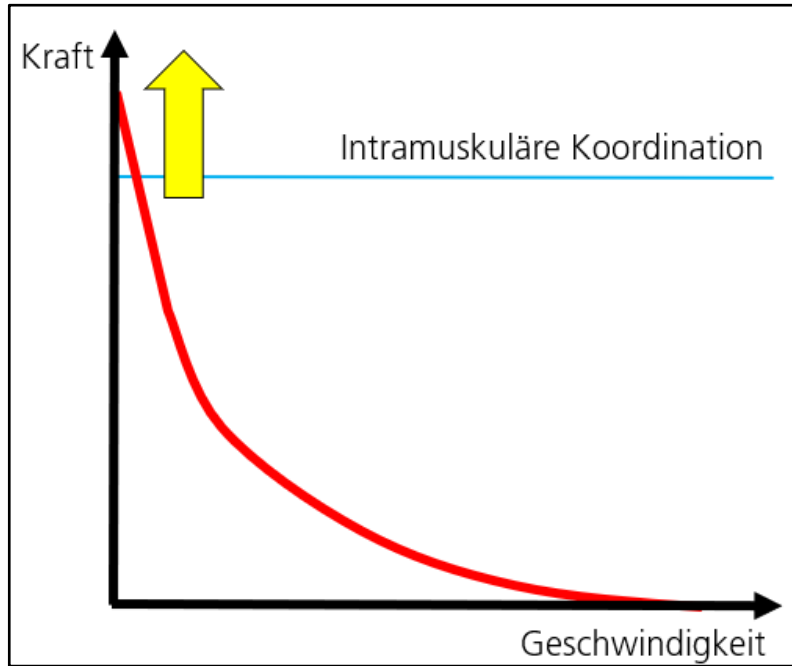
Serie 1				Serie 2				Serie 3				Serie 4			
Gewicht: 80kg	1	vmp	ROM	Gewicht: 92.5kg	1	vmp	ROM	Gewicht: 97.5kg	1	vmp	ROM	Gewicht: 102.5kg	1	vmp	ROM
	2	0.7	63		2	0.53	63		2	0.54	63		2	0.54	63
	3	0.69	62		3	0.53	63		3	0.46	64		3	0.46	64
	4	0.66	64			0.52	67			0.37	65				
	5	0.72	65												
	6														
		0.69	64			0.53	64			0.46	64			0.39	64



Kraft: Velocity based Training

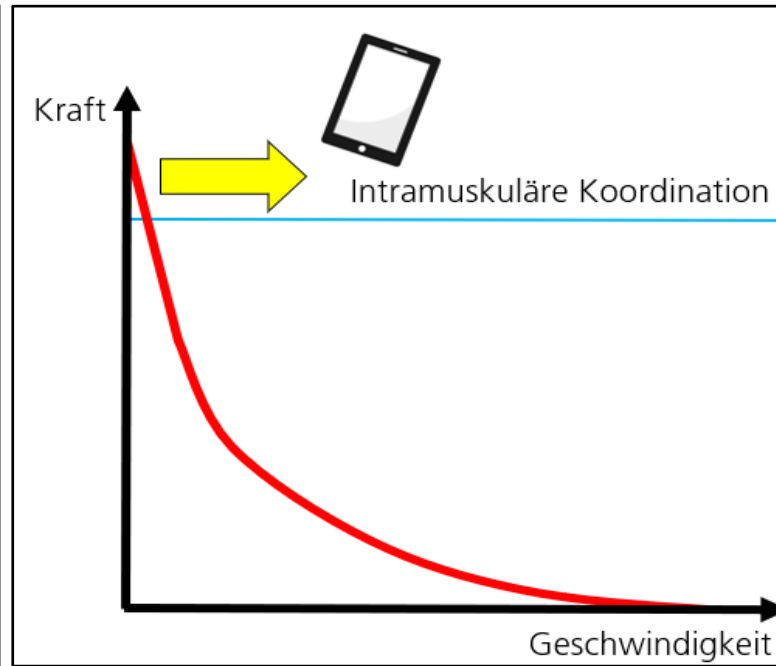


Kraft: Velocity based Training

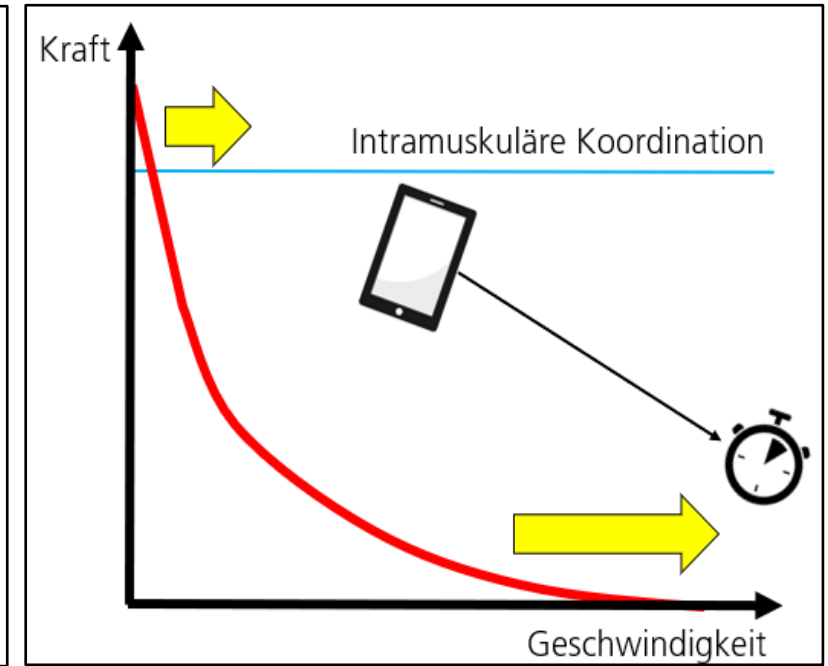


Laststufensteigerungen an Hand der Tagesform (Bestimmung der Readiness)

Bestimmung des 1RM –
Optimierung der Trainingszonen



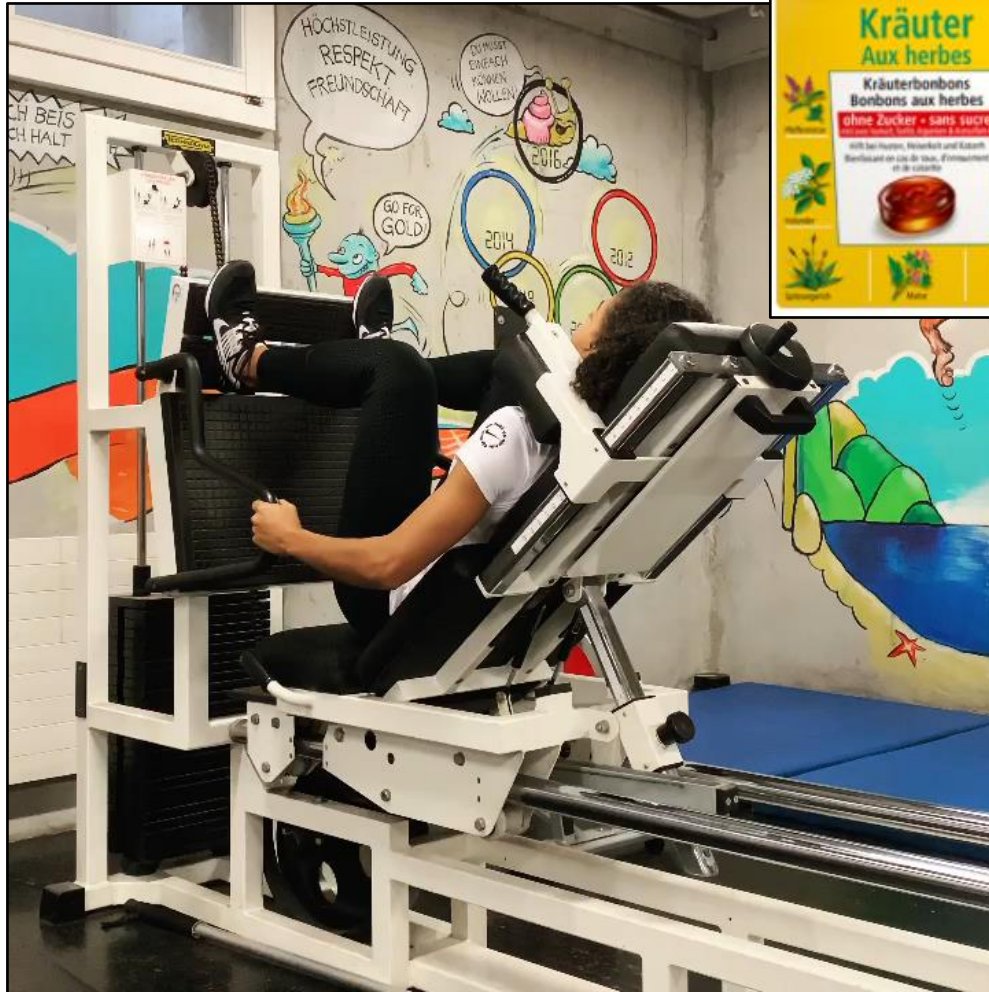
Unmittelbares und objektives Feedback - Motivation



Monitoring der neuro-muskulären Ermüdung, respektive der neuro-muskulären Leistungsfähigkeit

...Intensitätsoptimierung!

Exzentrik



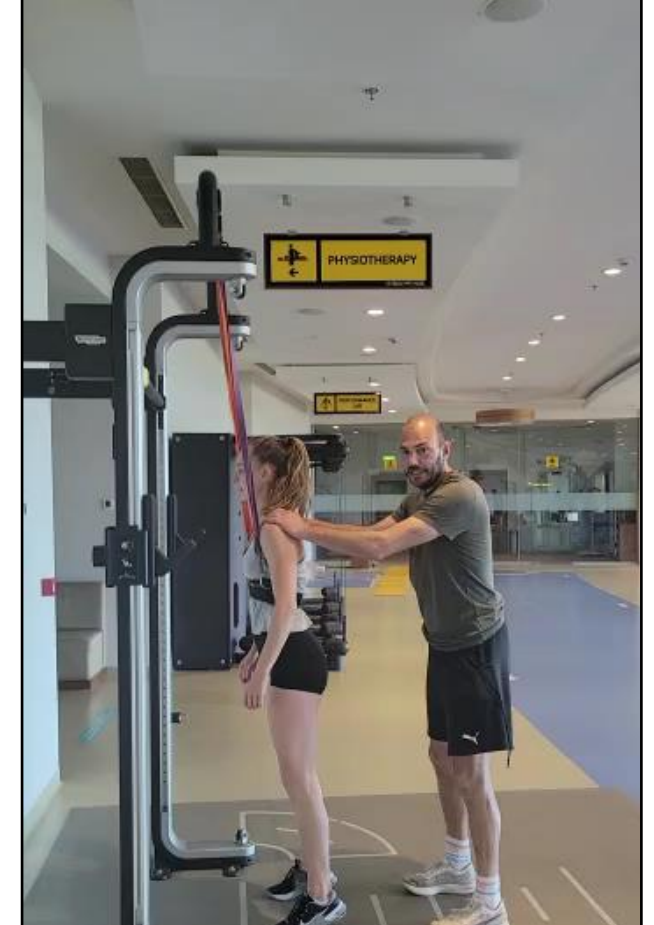
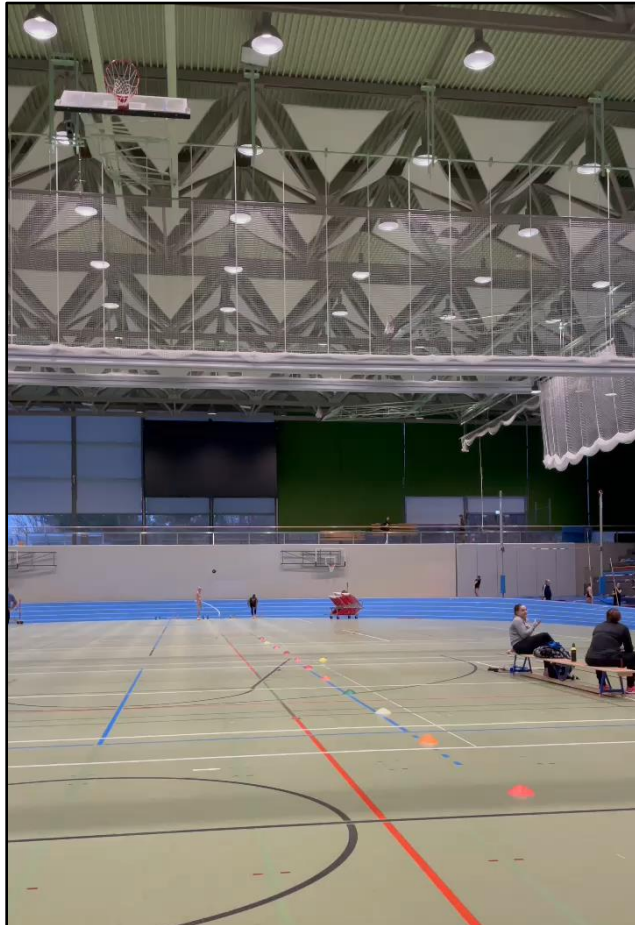
High Eccentric Loading (HEL)



Fast Eccentric Loading (FEL)

...time to peak –
Impactorientierung

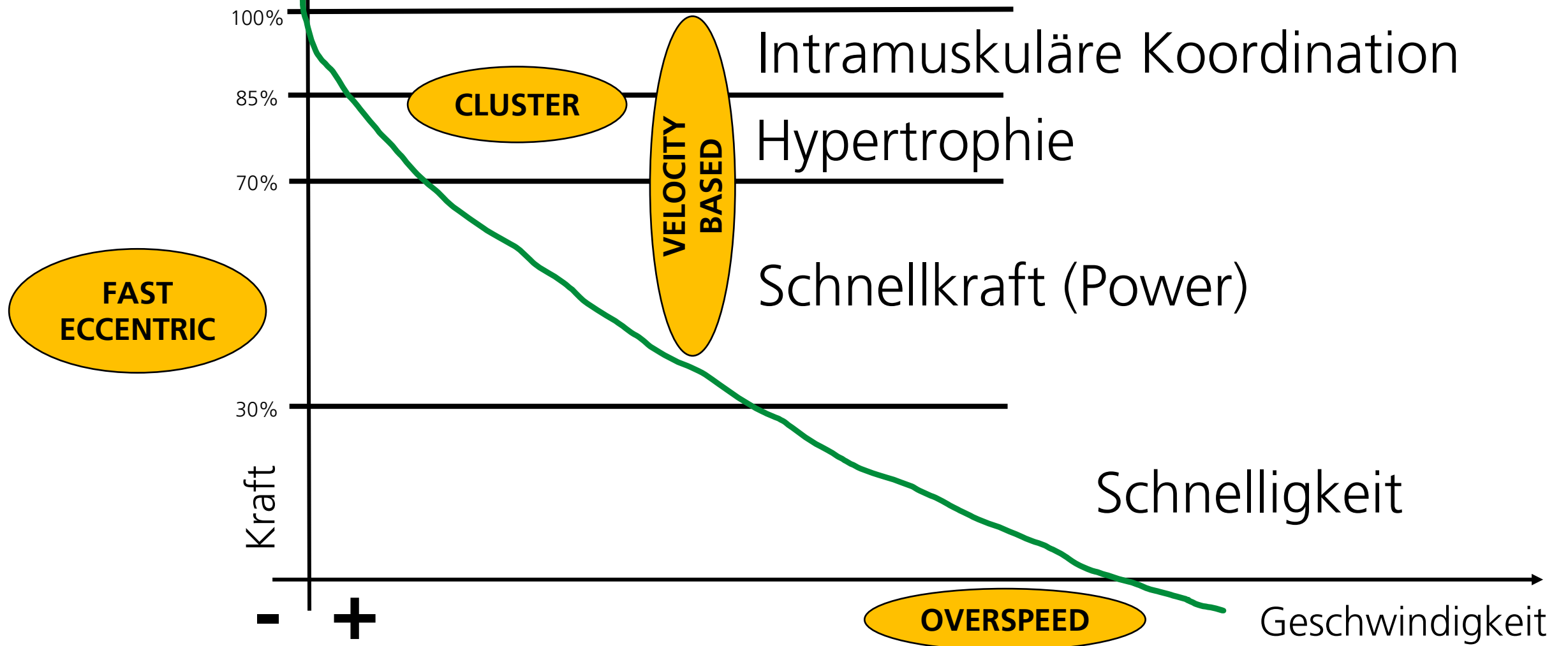
Overspeed



...verschieben der **Intensität**sgrenzen!



Exzentrik

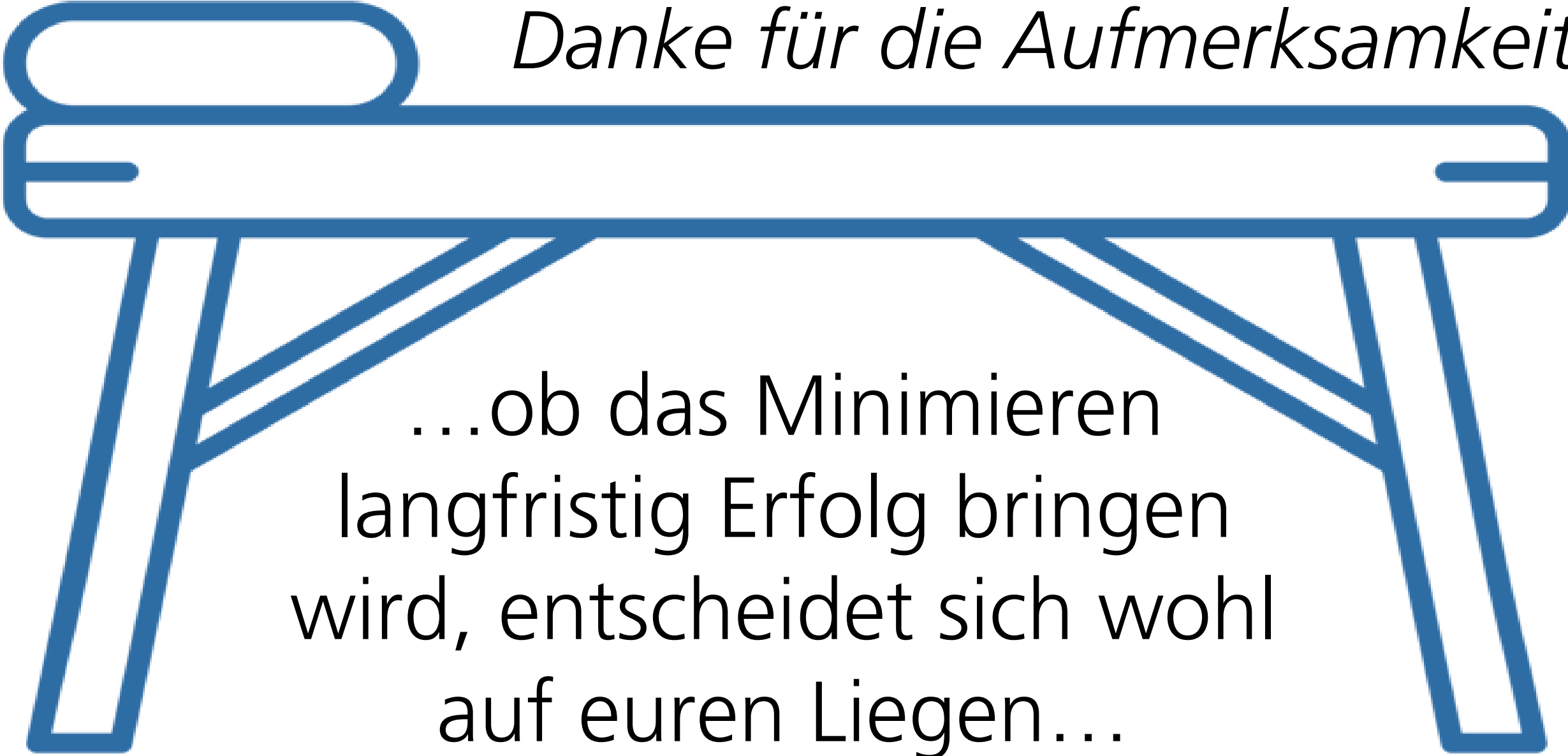




Von was ist das Erreichen einer hohen Trainings-**intensität** abhängig?



Minimieren



Danke für die Aufmerksamkeit

...ob das Minimieren
langfristig Erfolg bringen
wird, entscheidet sich wohl
auf euren Liegen...