

Klaus Wirth/Martin Zawieja

Erfahrungen aus dem Gewichtheben für das leistungssportliche Krafttraining

Teil 1: Bedeutung der Wettkampf- und Trainingsübungen des Gewichthebens für die Entwicklung der Schnellkraft

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Die Autoren

Dr. Klaus WIRTH, wiss. Mitarbeiter am Institut für Sportwissenschaften, Abt. Trainings- und Bewegungswissenschaften, der Johann Wolfgang Goethe-Universität Frankfurt am Main.

Martin ZAWIEJA, Lehrwart im Bundesverband Deutscher Gewichtheber (BVDG).

Anschrift: Dr. Klaus Wirth, Institut für Sportwissenschaften der Johann Wolfgang Goethe-Universität Frankfurt am Main, Ginnheimer Landstr. 39, 60487 Frankfurt/Main

E-mail: K.Wirth@sport.uni-frankfurt.de