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ANPASSUNGSEFFEKTE LINEAREN UND TÄGLICH-NICHTLINEAREN KRAFTTRAININGS WÄHREND ZWEI KURZZEIT-MESOZYKLEN

Eine Untersuchung mit Elite-Nachwuchsjudoka –
Teil 3 der Beitragsreihe „Krafttrainings-Periodisierungsmodelle auf dem Prüfstand“

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Tabelle A: Kurzzeit-Powertraining-Programm (4 Wochen) mit linearer Periodisierung (LP)

Übung	T1		T2		T3		T4		T5		T6		T7		T8		T9		T10		T11		T12				
	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int			
Stoßen	2	X 1	80%	2	X 1	80%	2	X 1	80%	2	X 1	65%	2	X 2	65%	3	X 1	65%	3	X 1	50%	4	X 1	50%	4	X 1	50%
	1	X 1	85%	2	X 1	85%	2	X 1	85%	2	X 1	70%	2+1	X 1e	70%	3	X 1	70%	2	X 1	55%	4	X 1	55%	3	X 1	55%
	1	X 1	90%	2	X 1	90%	1	X 1	90%	1	X 1	75%	2	X 1	75%	2	X 1	75%	2	X 1	60%	3	X 1	60%	2	X 1	60%
Reißen	2	X 1	80%	2	X 1	80%	2	X 1	80%	2	X 1	65%	2	X 2	65%	3	X 1	65%	3	X 1	50%	4	X 1	50%	4	X 1	50%
	1	X 1	85%	2	X 1	85%	2	X 1	85%	2	X 1	70%	2+1	X 1e	70%	3	X 1	70%	2	X 1	55%	4	X 1	55%	3	X 1	55%
	1	X 1	90%	2	X 1	90%	1	X 1	90%	1	X 1	75%	2	X 1	75%	2	X 1	75%	2	X 1	60%	3	X 1	60%	2	X 1	60%
Kniebeuge	2	X 1	80%	3	X 1	80%	3	X 1	80%	3	X 1	65%	5	X 1	65%	4	X 1	65%	3	X 1	50%	5	X 1	50%	5	X 1	50%
	2	X 1	85%	3	X 1	85%	3	X 1	85%	3	X 1	70%	4	X 1	70%	4	X 1	70%	3	X 1	55%	5	X 1	55%	4	X 1	55%
	1	X 1	90%	2	X 1	90%	2	X 1	90%	2	X 1	75%	3	X 1	75%	3	X 1	75%	2	X 1	60%	3	X 1	60%	3	X 1	60%
Knieflexions-Curl	5	X 1	80%	4	X 2	80%	4	X 2	80%	8	X 1	65%	6+5	X 1e	65%	6+5	X 1e	65%	9	X 1	50%	13	X 1	50%	12	X 1	50%
	5	X 1	85%	4+3	X 1e	85%	4	X 2	85%	7	X 1	70%	5	X 2	70%	6+5	X 1e	70%	8	X 1	55%	11	X 1	55%	11	X 1	55%
	3	X 1	90%	3+2	X 1e	90%	3	X 2	90%	5	X 1	75%	4+3	X 1e	75%	4+3	X 1e	75%	5	X 1	60%	8	X 1	60%	8	X 1	60%
Lat-Zug	5	X 1	80%	4	X 2	80%	4	X 2	80%	8	X 1	65%	6+5	X 1e	65%	7+6	X 1e	65%	9	X 1	50%	13	X 1	50%	12	X 1	50%
	5	X 1	85%	4+3	X 1e	85%	4	X 2	85%	7	X 1	70%	5	X 2	70%	6+5	X 1e	70%	8	X 1	55%	11	X 1	55%	11	X 1	55%
	3	X 1	90%	3+2	X 1e	90%	3	X 2	90%	5	X 1	75%	4+3	X 1e	75%	4+3	X 1e	75%	5	X 1	60%	8	X 1	60%	8	X 1	60%
Bankdrücken	5	X 1	80%	4	X 2	80%	4	X 2	80%	8	X 1	65%	6+5	X 1e	65%	7+6	X 1e	65%	9	X 1	50%	13	X 1	50%	12	X 1	50%
	5	X 1	85%	4+3	X 1e	85%	4	X 2	85%	7	X 1	70%	5	X 2	70%	6+5	X 1e	70%	8	X 1	55%	11	X 1	55%	11	X 1	55%
	3	X 1	90%	3+2	X 1e	90%	3	X 2	90%	5	X 1	75%	4+3	X 1e	75%	4+3	X 1e	75%	5	X 1	60%	8	X 1	60%	8	X 1	60%
Bankziehen	5	X 1	80%	4	X 2	80%	4	X 2	80%	8	X 1	65%	6+5	X 1e	65%	7+6	X 1e	65%	9	X 1	50%	13	X 1	50%	12	X 1	50%
	5	X 1	85%	4+3	X 1e	85%	4	X 2	85%	7	X 1	70%	5	X 2	70%	6+5	X 1e	70%	8	X 1	55%	11	X 1	55%	11	X 1	55%
	3	X 1	90%	3+2	X 1e	90%	3	X 2	90%	5	X 1	75%	4+3	X 1e	75%	4+3	X 1e	75%	5	X 1	60%	8	X 1	60%	8	X 1	60%

T1-12: Trainingseinheiten innerhalb der LP-Periode; Int: Intensität bezogen auf das individuelle 1-RM [% 1-RM]; Das Kurzzeitprogramm war in 4 Einheiten zur

Maximalkraftentwicklung (80-90 % 1-RM), 4 Einheiten zur muskulären Leistungsentwicklung (65-75 % 1-RM) und 4 Einheiten zur Optimierung der Schnelligkeit/Explosivität (50-60 % 1-RM) unterteilt. Diese Intensitätszonen wurden in dieser Periode mit einem linearen Periodisierungsmodell (LP) aufgebaut, d.h., ausgehend von hohen Intensitätsbereichen (T1-T4) zu niedrigeren Intensitätsbereichen mit höherer Bewegungsgeschwindigkeit. Beispiel: Der Term "2+1 (Rep) x 1e (Set)" bedeutet: Durchführung eines Satzes mit 2 Wiederholungen und nach entsprechender Erholungszeit Durchführung eines weiteren Satzes mit 1 Wiederholung.

Tabelle B: Kurzeit-Powertraining-Programm (4 Wochen) mit täglich-nichtlinearer Periodisierung (NLP)

Übung	T1		T2		T3		T4		T5		T6		T7		T8		T9		T10		T11		T12	
	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int	Rep	Set	Int
Stoßen	2	X 1	65%	2	X 1	80%	4	X 1	50%	2	X 1	80%	2+1	X 1e	80%	2	X 1	80%	3	X 1	50%	2+1	X 1e	65%
	2	X 1	70%	2	X 1	85%	3	X 1	55%	1	X 1	85%	2	X 1	85%	2	X 1	85%	2	X 1	55%	2+1	X 1e	70%
	1	X 1	75%	2	X 1	90%	2	X 1	60%	1	X 1	90%	2	X 1	90%	1	X 1	90%	2	X 1	60%	2	X 1	75%
Reißen	2	X 1	65%	2	X 1	80%	4	X 1	50%	2	X 1	80%	2+1	X 1e	80%	2	X 1	80%	3	X 1	50%	2+1	X 1e	65%
	2	X 1	70%	2	X 1	85%	3	X 1	55%	1	X 1	85%	2	X 1	85%	2	X 1	85%	2	X 1	55%	2+1	X 1e	70%
	1	X 1	75%	2	X 1	90%	2	X 1	60%	1	X 1	90%	2	X 1	90%	1	X 1	90%	2	X 1	60%	2	X 1	75%
Kniebeuge	3	X 1	65%	3	X 1	80%	5	X 1	50%	2	X 1	80%	4	X 1	80%	3	X 1	80%	3	X 1	50%	5	X 1	65%
	3	X 1	70%	3	X 1	85%	4	X 1	70%	2	X 1	85%	5	X 1	85%	3	X 1	85%	3	X 1	55%	4	X 1	70%
	2	X 1	75%	2	X 1	90%	3	X 1	60%	1	X 1	90%	3	X 1	90%	2	X 1	90%	2	X 1	60%	3	X 1	75%
Knieflexions-Curl	8	X 1	65%	4	X 2	80%	7+6	X 1e	65%	12	X 1	50%	5	X 1	80%	5	X 1	80%	9	X 1	50%	6+5	X 1e	65%
	7	X 1	70%	4+3	X 1e	85%	6+5	X 1e	70%	11	X 1	55%	5	X 1	85%	4	X 2	85%	8	X 1	55%	5	X 2	70%
	5	X 1	75%	3+2	X 1e	90%	4	X 2	75%	8	X 1	60%	3	X 2	90%	3	X 2	90%	5	X 1	60%	4+3	X 1e	75%
Lat-Zug	8	X 1	65%	4	X 2	80%	7+6	X 1e	65%	12	X 1	50%	5	X 1	80%	5	X 1	80%	9	X 1	50%	6+5	X 1e	65%
	7	X 1	70%	4+3	X 1e	85%	6+5	X 1e	70%	11	X 1	55%	5	X 1	85%	4	X 2	85%	8	X 1	55%	5	X 2	70%
	5	X 1	75%	3+2	X 1e	90%	4	X 2	75%	8	X 1	60%	3	X 2	90%	3	X 2	90%	5	X 1	60%	4+3	X 1e	75%
Bankdrücken	8	X 1	65%	4	X 2	80%	7+6	X 1e	65%	12	X 1	50%	5	X 1	80%	5	X 1	80%	9	X 1	50%	6+5	X 1e	65%
	7	X 1	70%	4+3	X 1e	85%	6+5	X 1e	70%	11	X 1	55%	5	X 1	85%	4	X 2	85%	8	X 1	55%	5	X 2	70%
	5	X 1	75%	3+2	X 1e	90%	4	X 2	75%	8	X 1	60%	3	X 2	90%	3	X 2	90%	5	X 1	60%	4+3	X 1e	75%
Bankziehen	8	X 1	65%	4	X 2	80%	7+6	X 1e	65%	12	X 1	50%	5	X 1	80%	5	X 1	80%	9	X 1	50%	6+5	X 1e	65%
	7	X 1	70%	4+3	X 1e	85%	6+5	X 1e	70%	11	X 1	55%	5	X 1	85%	4	X 2	85%	8	X 1	55%	5	X 2	70%
	5	X 1	75%	3+2	X 1e	90%	4	X 2	75%	8	X 1	60%	3	X 2	90%	3	X 2	90%	5	X 1	60%	4+3	X 1e	75%

T1-12: Trainingseinheiten innerhalb der NLP-Periode; Int: Intensität bezogen auf das individuelle 1-RM [% 1-RM]; Das Kurzeitprogramm war in 4 Einheiten zur Maximalkraftentwicklung (80-90 % 1-RM), 4 Einheiten zur muskulären Leistungsentwicklung (65-75 % 1-RM) und 4 Einheiten zur Optimierung der Schnelligkeit/Explosivität (50-60 % 1-RM) unterteilt. Diese Intensitätszonen wurden in dieser Periode mit einem täglich-nichtlinearen Periodisierungsmodell (NLP) aufgebaut, d.h., es wurden tägliche Wechsel der Intensitätszonen vollzogen. Beispiel: Der Term "2+1 (Rep) x 1e (Set)" bedeutet: Durchführung eines Satzes mit 2 Wiederholungen und nach entsprechender Erholungszeit Durchführung eines weiteren Satzes mit 1 Wiederholung.