Babak Vogel/Jan Schröder

PERSONALISIERTE TRAININGSSTEUERUNG

Tensiomyografisches Muskelfunktionsmonitoring in der Trainingsroutine: eine Pilot-Kasuistik im Kampfsport

Trainingseinheit	Aufwärmen	Technik	Sparring
T1 Jan 03	15 min	–	60 min bei 50-60 %
T2 Jan 05	15 min	–	60 min bei 50-60 %
1. Trainingsunterbrechung: Muskelkontusionen der Beinstrecker und -beuger Wiedereinstieg in das Training am 12.01.2018			
T3 Jan 15	10 min	50 min	15 min bei 50-60 %
T4 Jan 17	15 min	30 min	30 min bei 70-80 %
2. Trainingsunterbrechung: Supinationstrauma (rechtes Sprunggelenk) Wiedereinstieg in das Training am 28.01.2018			
T5 Jan 31	15 min	45 min	15 min bei 50-60 %
T6 Feb 02	5 min	10 min	60 min bei 50-60 %
T7 Feb 03	20 min	45 min	10 min bei 20-30 %
T8 Feb 05	15 min	60 min	–
3. Trainingsunterbrechung: grippaler Infekt Wiedereinstieg in das Training am 15.02.2018			
T9 Feb 15	15 min	–	60 min bei 70-80 %
T10 Feb 16	15 min	–	60 min bei 50-60 %
T11 Feb 19	15 min	60 min	–
T12 Feb 21	15 min	60 min	–

Tabelle A: Übersicht zu Umfang und Intensität sowie Ausfallzeiten im Training

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