



# Krafttraining im Schwimmen (German Edition)

*Robert Mattes, Christian Dunke*

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Studienarbeit aus dem Jahr 2005 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,0, Albert-Ludwigs-Universität Freiburg (Institut für Sport und Sportwissenschaften), Veranstaltung: Schwerpunktfach Schwimmen, 6 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: „Krafttraining im Schwimmen“ ist ein viel diskutiertes Thema, zu dem ganz gegensätzliche Positionen in der Wissenschaft und Trainingspraxis bestanden haben. Beispielsweise war Krafttraining, genauer: die Steigerung der Maximalkraft durch Krafttraining an Trainingsgeräten an Land, in den 1950er Jahren verpönt, weil man annahm, dass die zusätzliche Muskelmasse die für das Schwimmen unerlässliche Beweglichkeit v.a. in den Schultergelenken einschränke. Diese Meinung wurde allerdings in den folgenden Jahren durch Studien widerlegt. Der Trend schlug in den 1970ern um und v.a. bei Kurzstreckenschwimmern wurde zusätzliche Muskelmasse antrainiert, um eine möglichst hohe Maximalkraft und eine damit vermeintlich höhere Schwimmgeschwindigkeit zu erreichen.

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