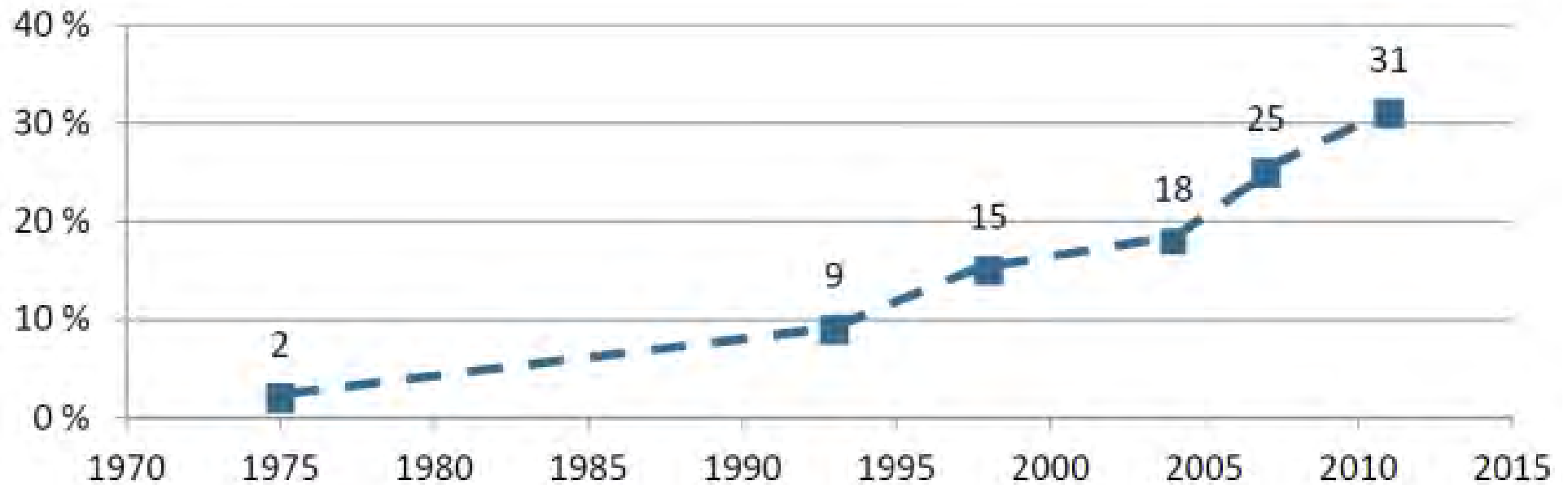


Lysten i løbet

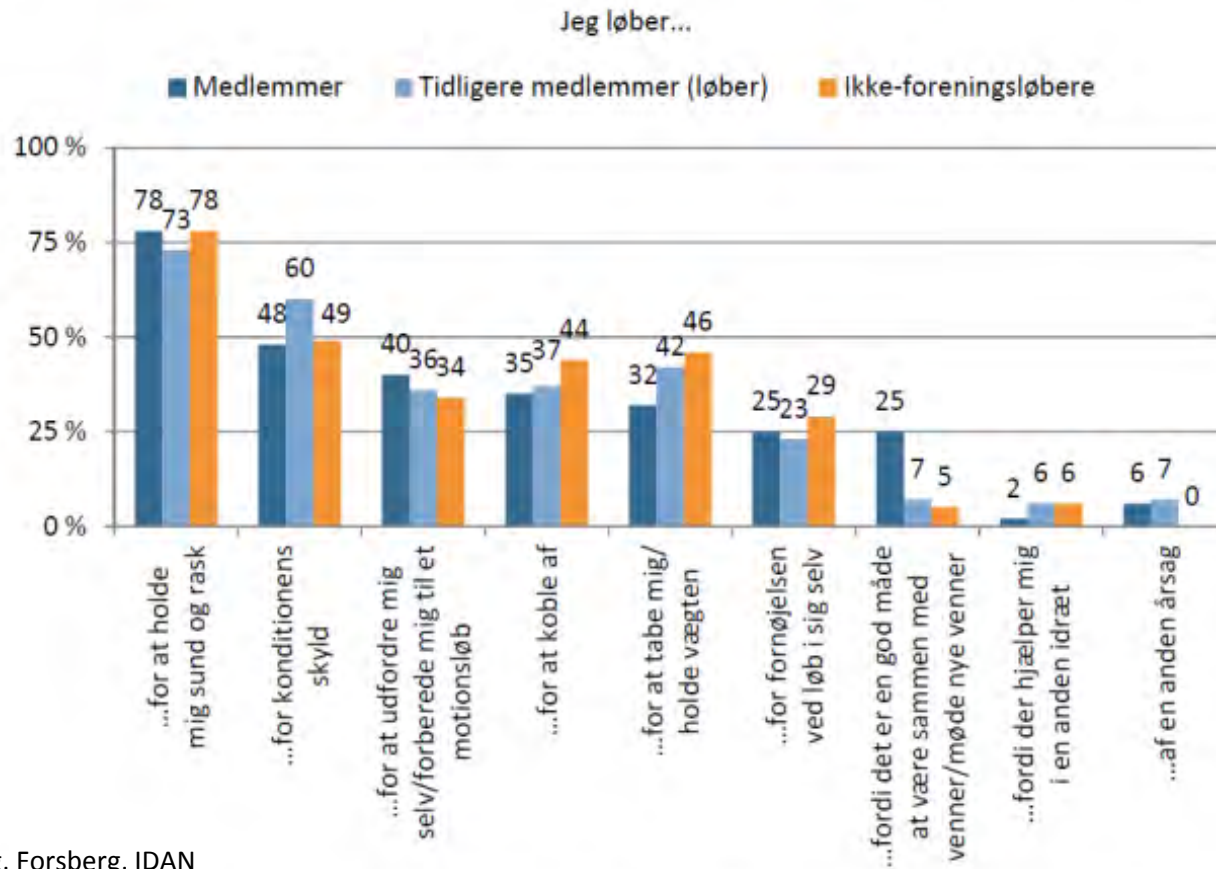
Mangler der kvalitet i løbeoplevelsen?



v. Oliver Vanges
Udviklingskonsulent

Vi løber fordi ... hvorfor er det nu?

Figur 9: Medlemmerne vægter de sociale sider af løb højere end løbere uden for foreninger²².



Motionsløb i forening, Forsberg, IDAN

Kilde: Medlemsundersøgelse (2014) (medlemmer, n = 1.460; tidligere medlemmer (løber), n = 139), Forsberg (2012) (ikke foreningsløbere, n = 1.836). Spørgsmål: Hvad er de væsentligste årsager til, at du løber? (sæt maks. tre kryds).

Sundhedsmotivationen – en god starter ...

News & Views Jun 19 2014 03:49 PM

Football improves strength in prostate cancer patients



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Playing football has been found to have a significant positive effect on the quality of life of prostate cancer patients.

These findings have been published following a trial dubbed 'FC Prostale', which was jointly conducted by the University Hospitals Centre for Health Care Research at The Copenhagen University Hospital, Rigshospitalet and the Copenhagen Centre for Team Sport and Health at the University of Copenhagen.

The randomised controlled trial involved 57 men aged 43-74 years who had been undergoing treatment for prostate cancer for an average of three years, and who were randomly assigned to a football training group or an inactive control group.

The football group trained twice a week for one hour for 12 weeks, with training taking place on the football pitch of the Department of Nutrition, Exercise and Sports at Nørrebro in Copenhagen.

An extensive testing protocol was used before the start of training and on completion of the 12-week training period, and found that the twice-weekly sessions produced an increase in muscle mass and muscle strength, despite concurrent androgen deprivation therapy.

The study authors have suggested that recreational football is a promising novel approach for health promotion in prostate cancer patients, as the participants can not only regain pride in their bodies, but also develop team spirit and mutual concern, increasing their motivation for long-term participation in sport.

Julie Midtgaard, a psychologist at The Copenhagen University Hospital Rigshospitalet, explained that the attendance rate was high over the 12 weeks, with many of the participants still playing football two years after the project began.


"Just 12 weeks of football training resulted in the men regaining control and developing a unique exchange of feelings and recognition centered around the sport," she explained.

"The provision of football proved to be a good way of developing friendships between the men and a unique model for men with prostate cancer to take responsibility of their own health without giving up their claim to feel and behave like men."

Men ikke langtidsholdbar ...

News & Views Jun 19 2014 03:49 PM

Football improves strength in prostate cancer patients



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Playing football has been found to have a significant positive effect on the quality of life of prostate cancer patients.

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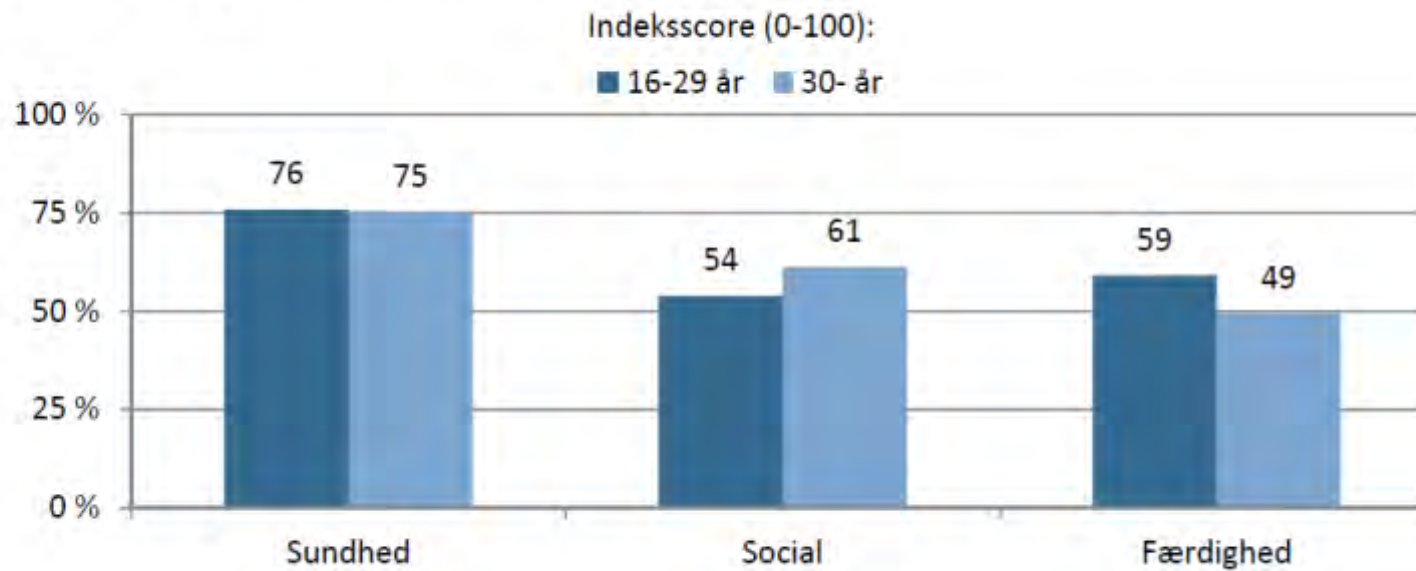
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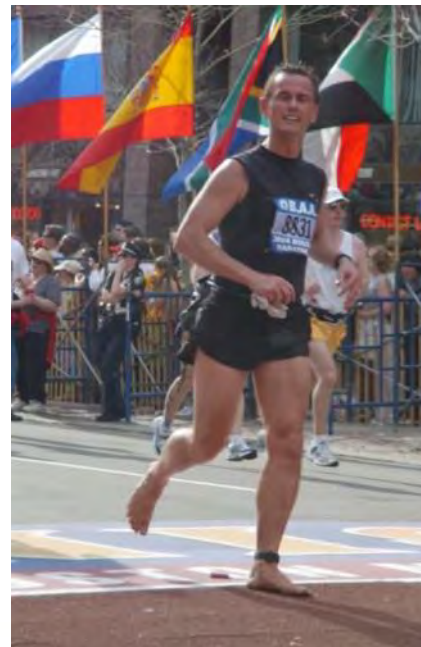
Den sociale dimension står stærkt ...

Figur 55: Færdighedselementerne ved løb er vigtige for unge.



Kilde: Medlemsundersøgelse (2014) Medlemmer og (tidligere medlemmer, n = 1.572).

Løb for de mange





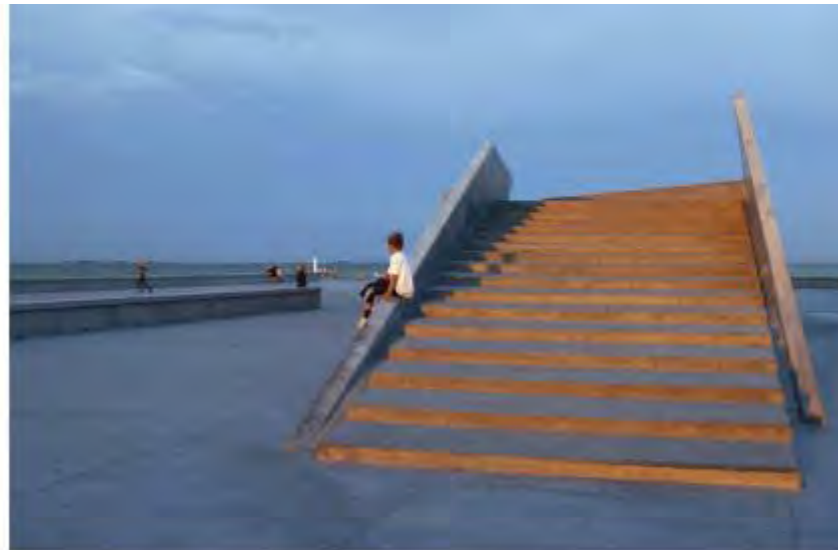
TOUGHEST
THE MOST INTENSE
OBSTACLE COURSE

MAY 3RD MALMO SEP 27TH COPENHAGEN
MAY 17TH UMEA OCT 18TH GOTHENBURG

40 OBSTACLES | 8KM | AFTERPARTY
THE RINGS, MONKEYBAR, ICETANK, WALLS, PENALTY ROUNDS
REGISTRATION: TOUGHEST.SE/DK



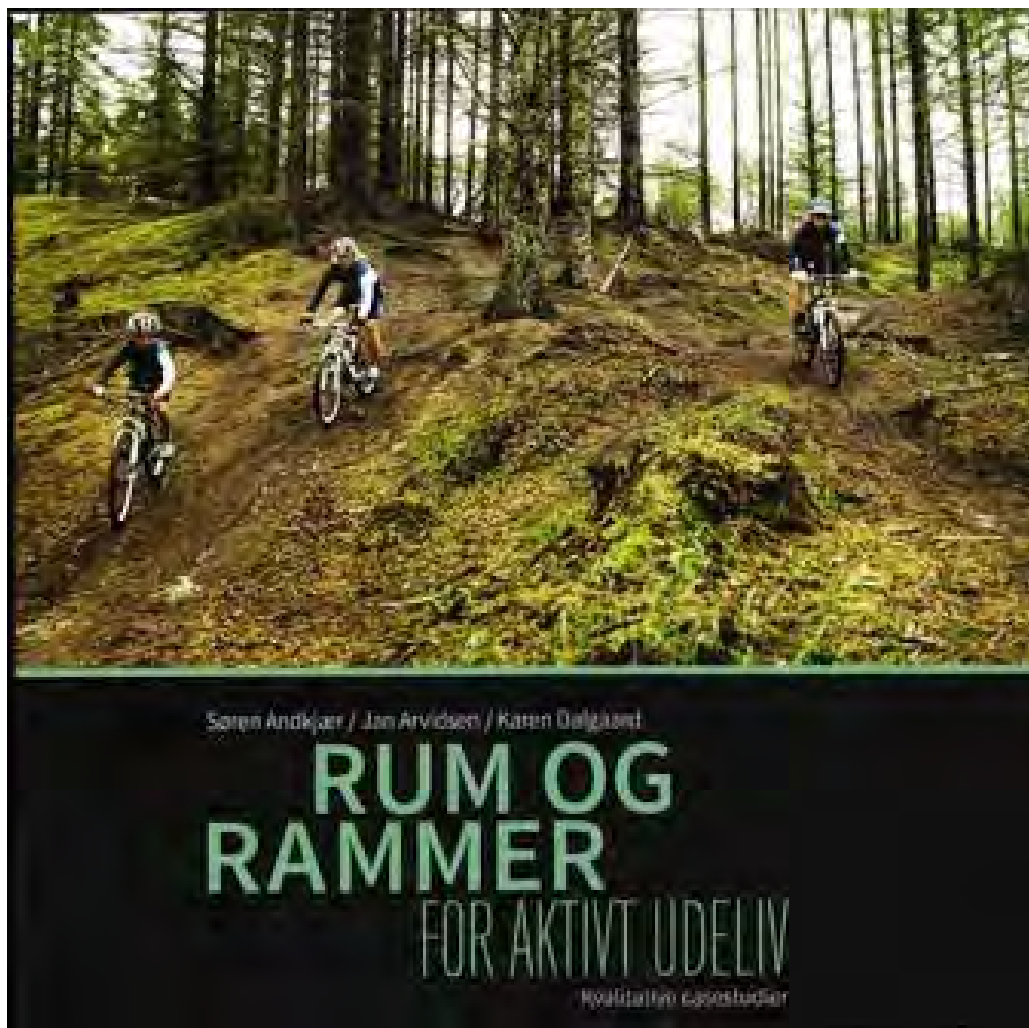
Hvad er en løbefacilitet?

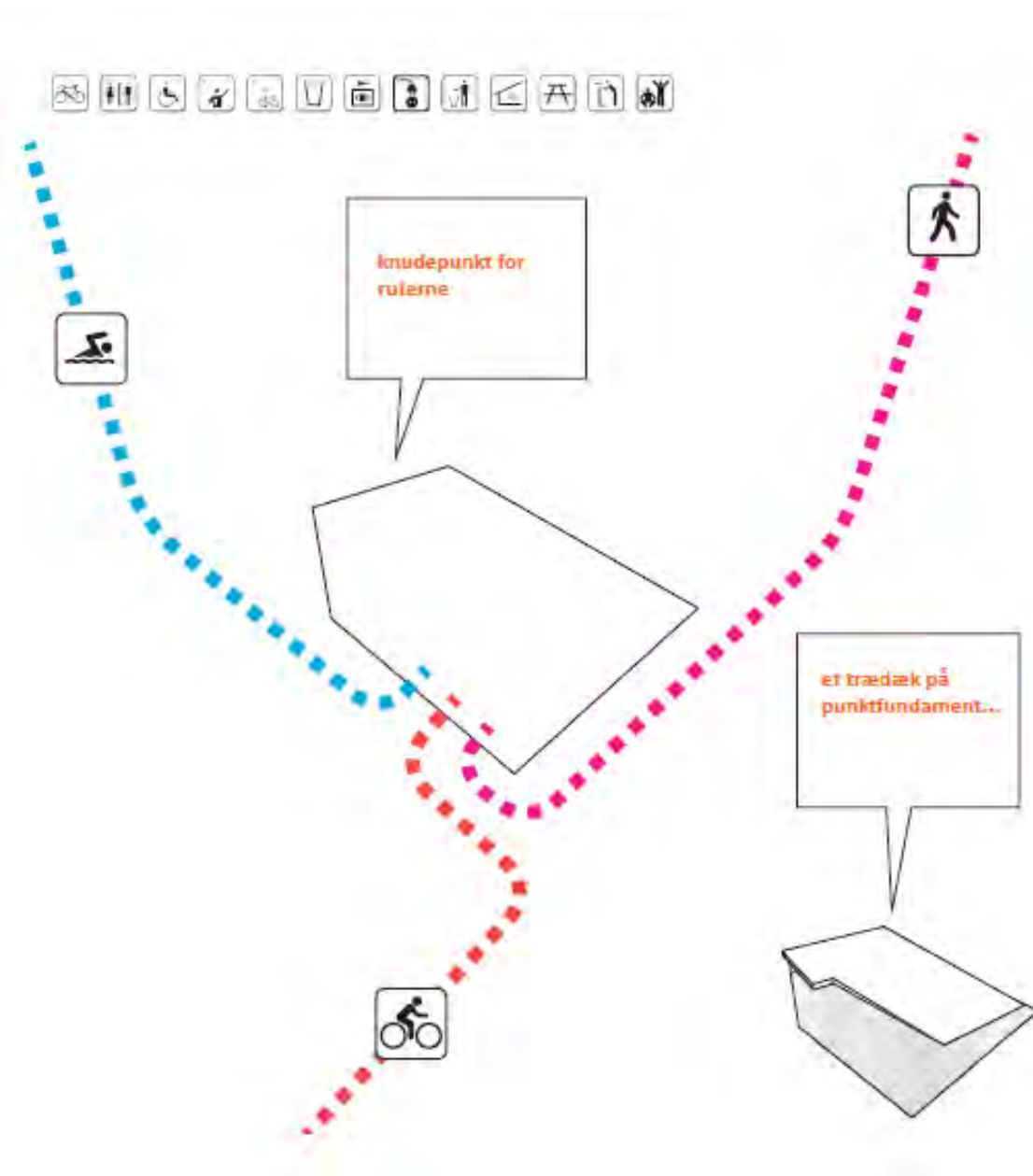


STEDER PÅ RUTEN – friluftsliv som helhedsoplevelse

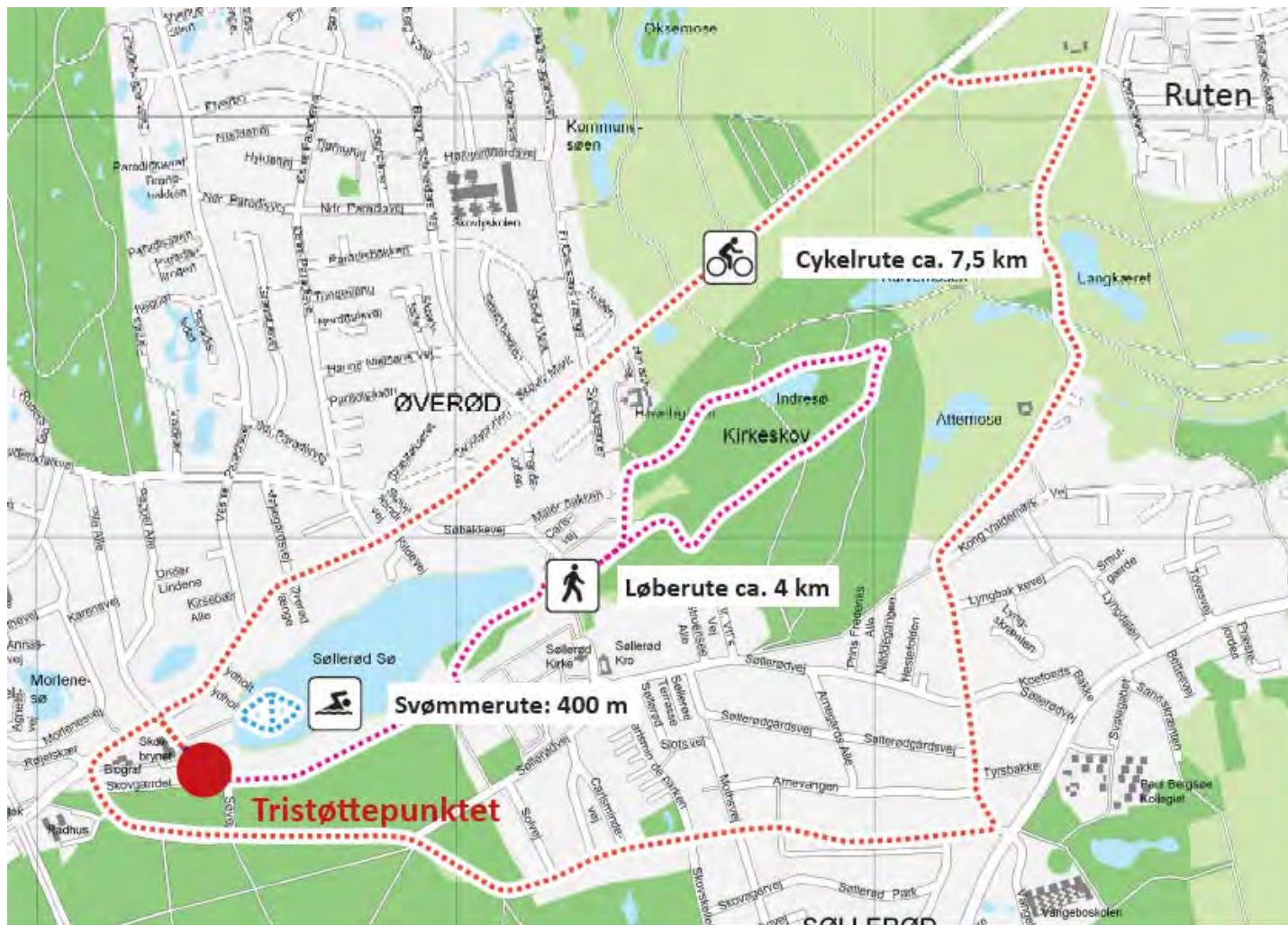


Lokale- & Anlægsfondens skriftrække



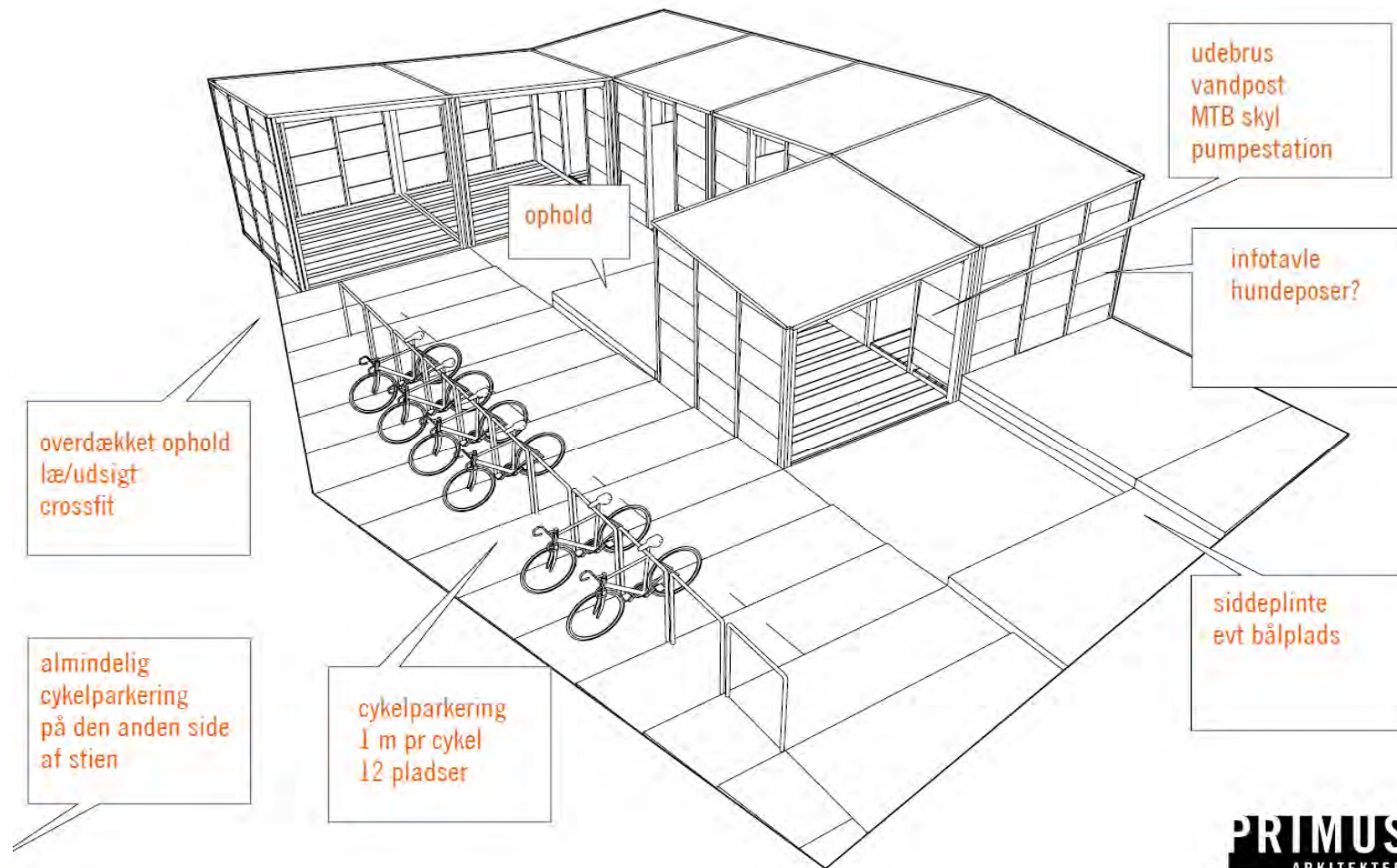


(triatlon)Ruten



”Stedet”

Støttested for udendørsaktiviteter



PRIMUS
ARKITEKTER

DKALE8
ANLÆGS
FONDEN

Støttestedets kvaliteter

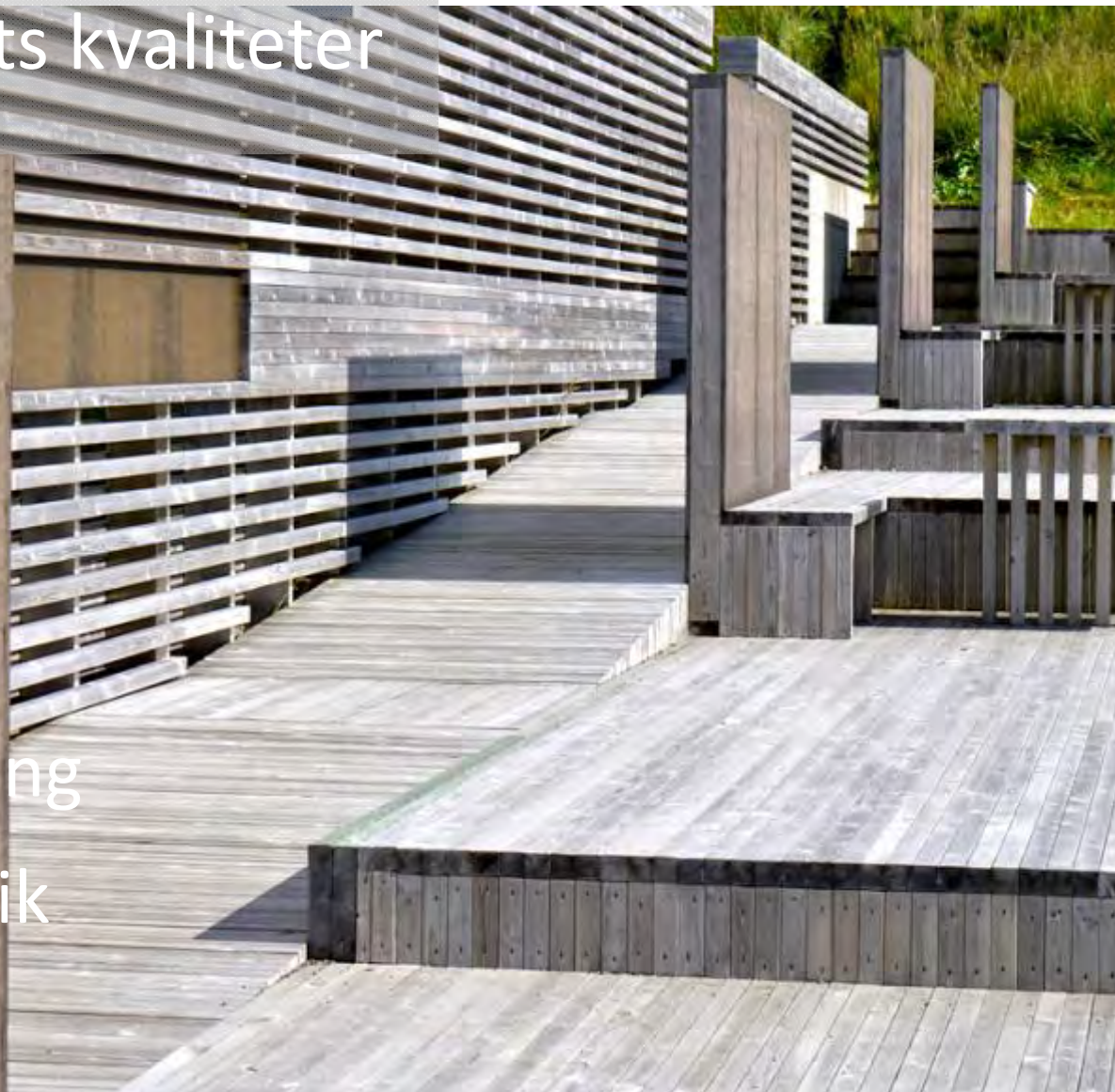
Ly

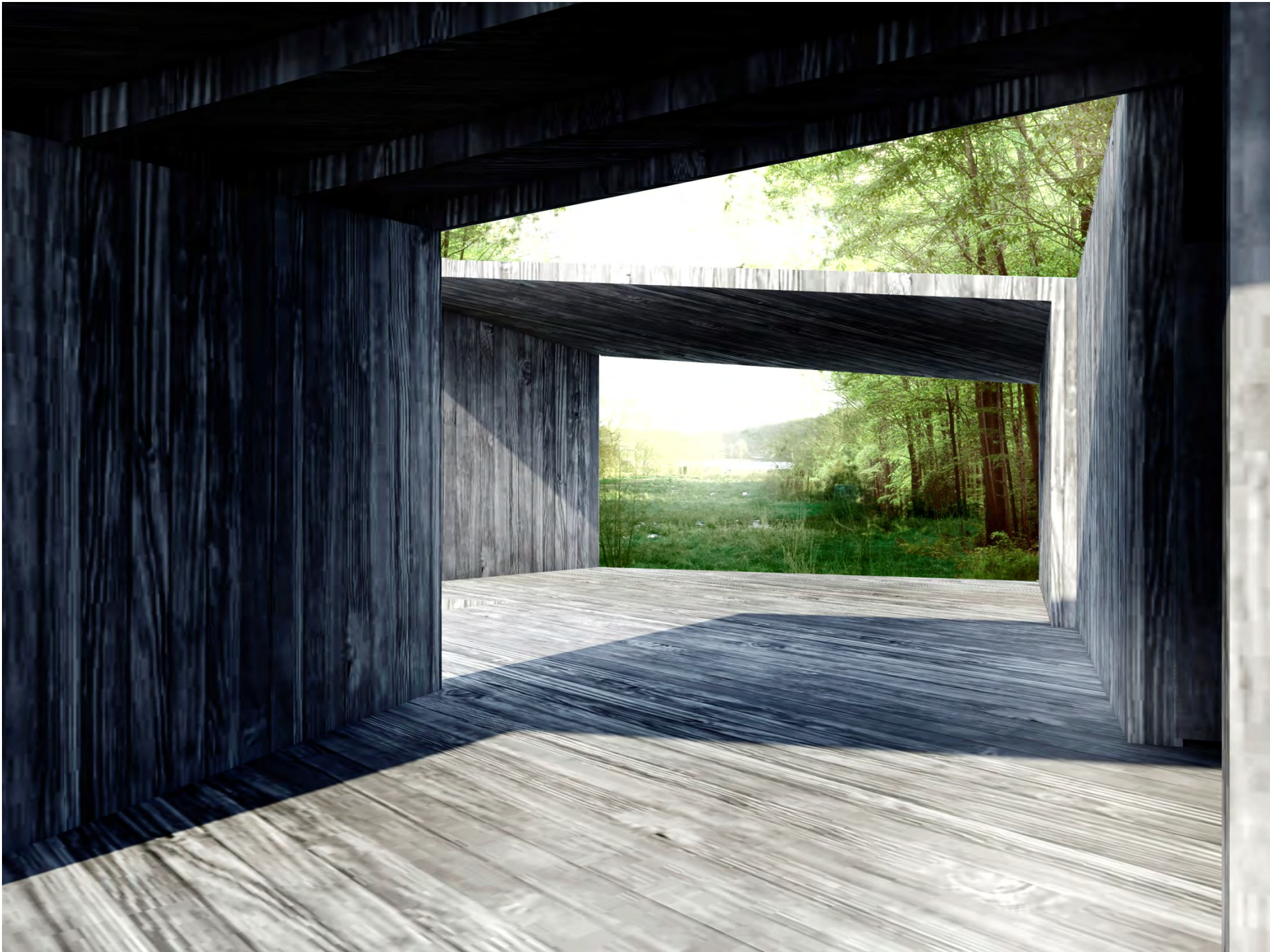
Læ

Relevante
faciliteter

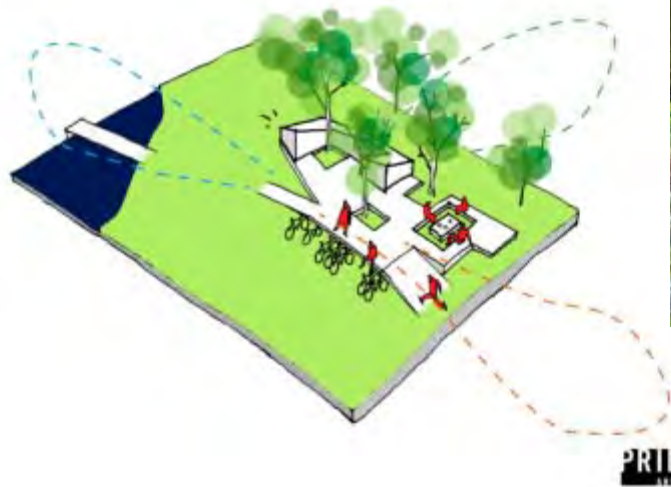
Egnet befæstning

Komfort/æstetik





Støttepunkt





Støttestpunkt







Kildebjerg-Ry



Ruten

Det interaktive lag

Lysløjpe

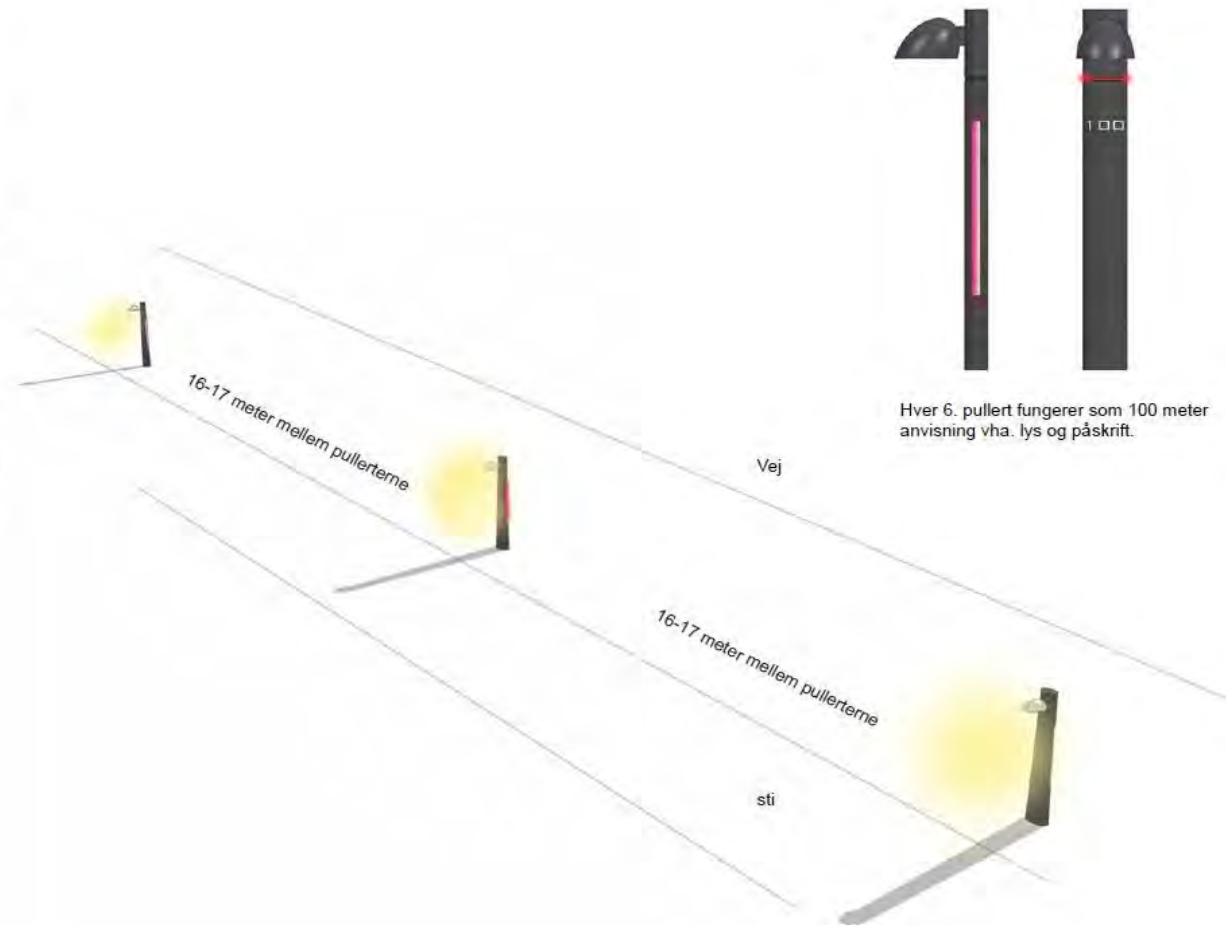
Belysningspullerterne kan leveres med en intelligent lysstribe i siderne. Dette lys kan programmeres, så det lyser på skift.

Lyset kan programmeres, så det lyser i et fastlagt interval rundt i Søndermarken, og fungerer på den måde som hare!

Forskellige hastigheder har forskellige farvekoder. Der kan være op til fire farver på pullertern samtidig, to på hver side af pullerten. Hver pullert lyser i et bestemt antal sekunder, der henviser til den tid det vil tage at løbe 100 meter ved en bestemt hastighed.

Som udgangspunkt skal det kun være muligt at aktivere harelyset vha. mobiltelefon eller chip. På den måde er harelyset kun i funktion, når det er blevet aktiveret. Harelyset kan evt. også starte på et i forvejen bestemt tidspunkt et par gange i døgnet. På den måde kan motionister mødes i grupper og løbe sammen, eller en mere umiddelbar træning kan opstå.

- 4.00 min pr. km
- 5.00 min pr. km
- 6.00 min pr. km
- 7.00 min pr. km

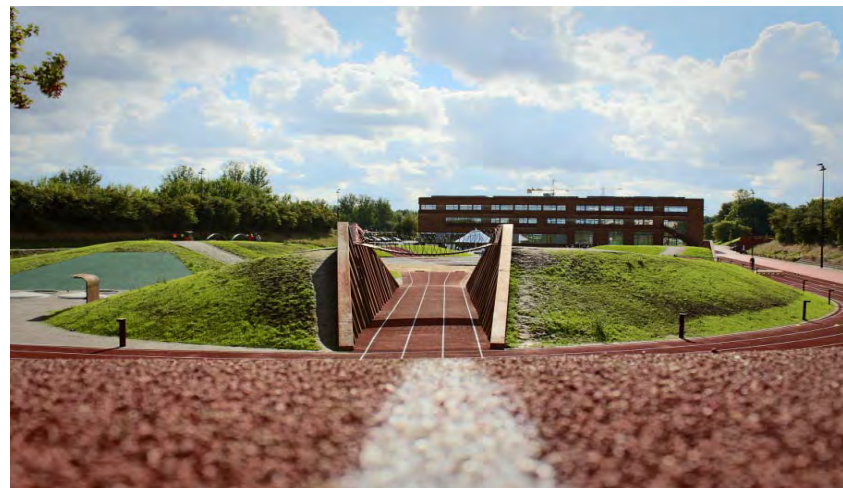


Søndermarken

Liv og lys - løberuter



”Traditionelle” anlæg ...





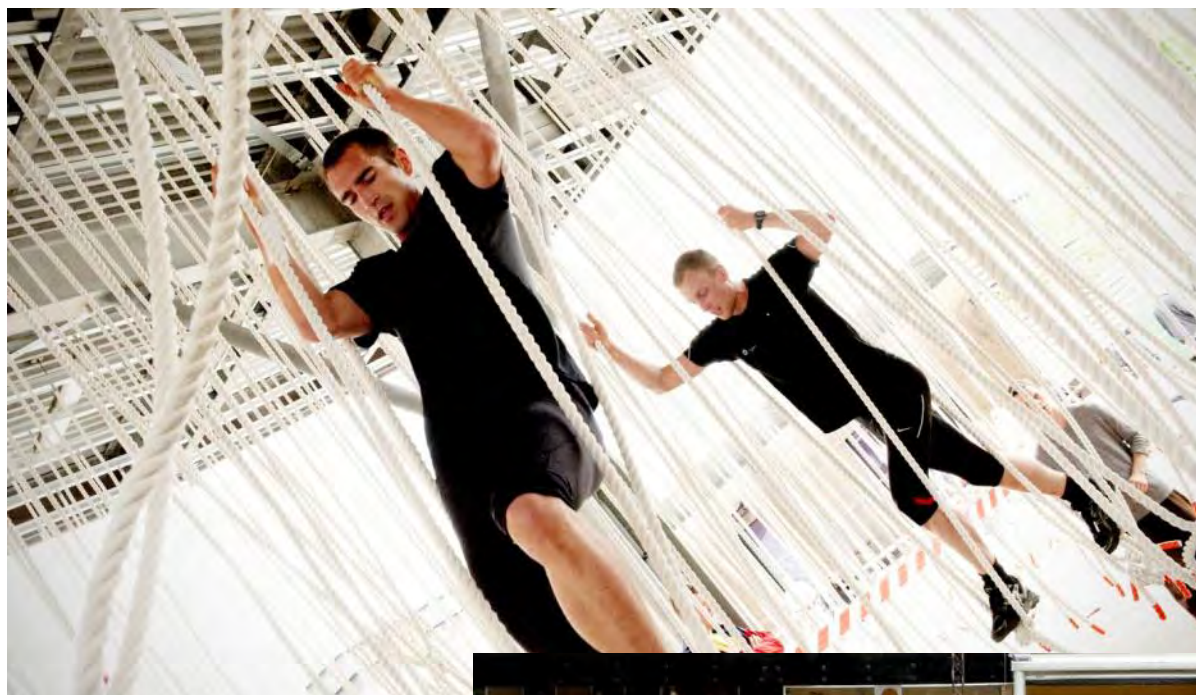
Åbent program ansporer til kreativ brug

UIWE | Keinicke og Overgaard - Carlsberg



Lysten i løbet | Vejen 2014

LOKALE
ANLÆGS
FONDEN

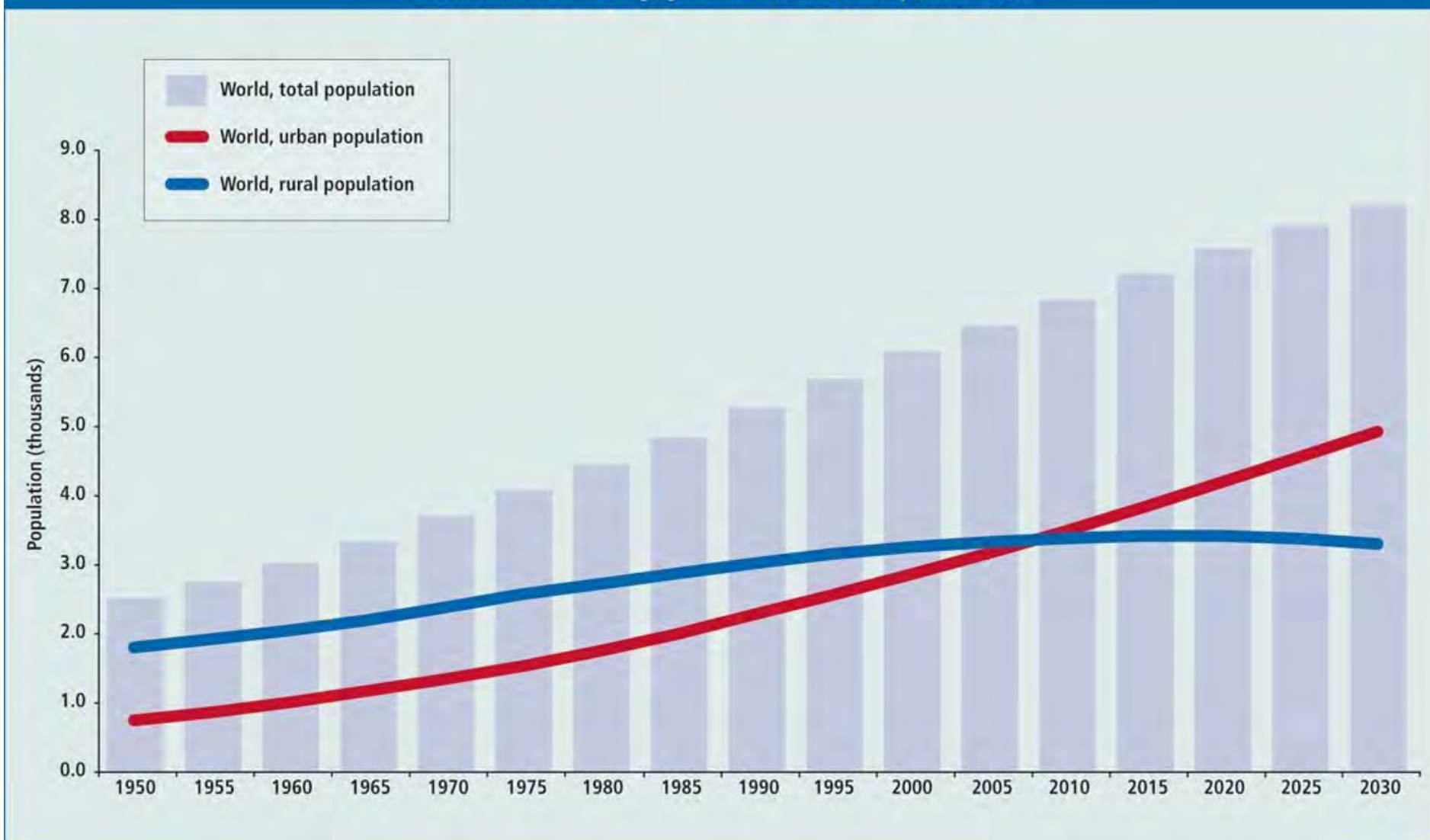


Et byrum

Carlsberg



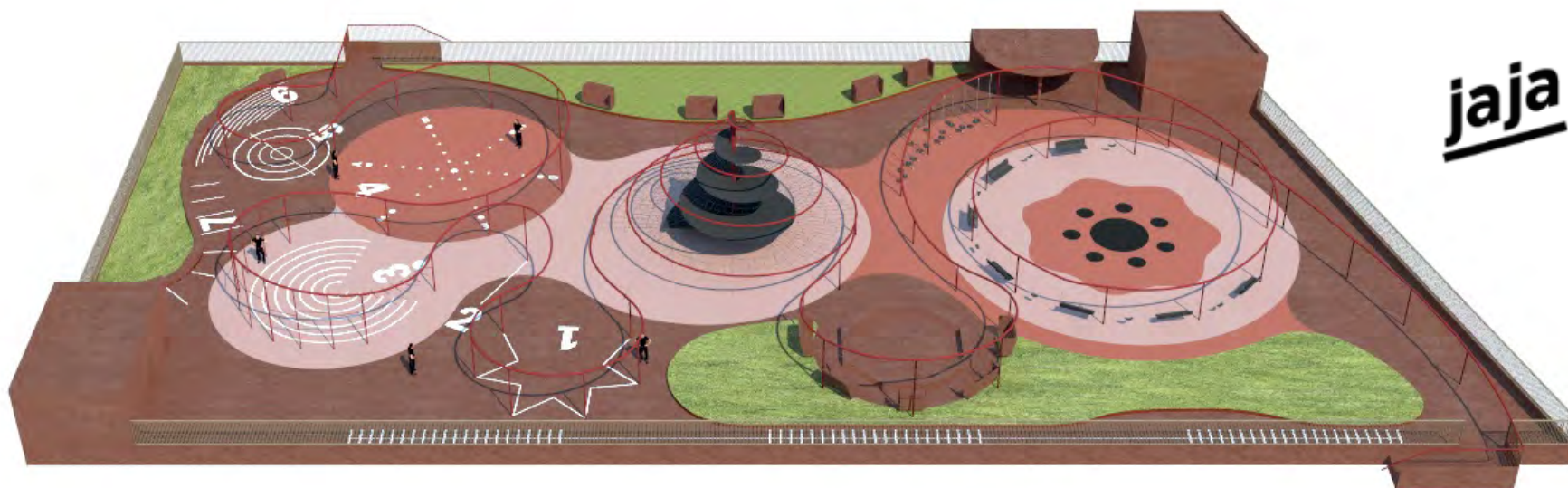
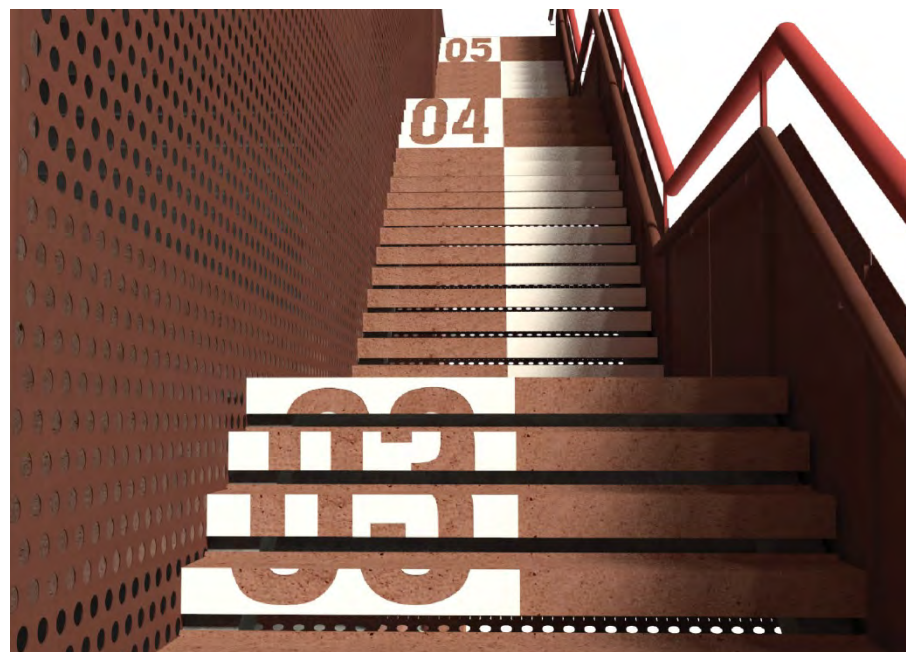
The urban and rural population of the world, 1950-2030



<http://www.un.org/esa/population/publications/WUP2005/2005wup.htm>



Lysten i løbet | Vejen 2014



jaja





- Nyheder om løb >
- Løberseminar >
- Ugens løbepas 2014 >**
- Ugens løbepas 2013 >
- Ugens løbepas 2012 >
- Find en løbeforening >
- Svar fra eksperterne om løb >
- Ranglister >

HURTIGT VIDERE

- Viden & råd om løb
- Svar fra eksperterne om løb
- Intervaltræning

Ugens Løbepas 2014



UGENS LØBEPAS - UGE 47/2014
Lygtepæls-intervaller
 19. november 2014 - Af Thomas Holten



UGENS LØBEPAS - UGE 46
5-10 nedløb på bakke
 14. november 2014 - Af David Møller



UGENS LØBEPAS - UGE 45
Løb og reaktion
 06. november 2014 - Af David Møller



UGENS LØBEPAS - UGE 44
Findveji.dk
 29. oktober 2014 - Af Thomas Holten



UGENS LØBEPAS - UGE 43
Crossløbs-fartleg med genveje
 23. oktober 2014 - Af Thomas Holten



UGENS LØBEPAS - UGE 42
Intervaller på kanten
 14. oktober 2014 - Af Thomas Holten



UGENS LØBEPAS - UGE 41
Basic ups and downs
 07. oktober 2014 - Af David Møller



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Løb et hjerte
 30. september 2014 - Af Thomas Holten



UGENS LØBEPAS - UGE 39
Naked running
 20. september 2014 - Af Thomas Holten



UGENS LØBEPAS - UGE 38
Quiz- og Versus-intervaller med



Lysten i løbet

Mangler der kvalitet i løbeoplevelsen?

Ja – det gør der!

Tak for ordet



v. Oliver Vanges
Udviklingskonsulent