ABSTRACT

Title: Comparison of training impact of striding versus double poling for cross country skiing.

Objectives: The goal of the research is to find out and compare the difference between striding and double poling from the point of view of internal body impact, or lactate acid, heart rate and measured time of the performance in two consecutive days, respectively.

Methods: This research is conceived as an empiric field research, which considers a comparison of lactate acid (LA) levels during cool down and heart rate (SF). Compared values were measured on roller skis in two consecutive days.

Results: With the help of lactate acid levels, heart rate and measured times we found the main differences between striding and double poling. To the conclusion, we found out that striding was faster from measured time perspective and also the lactate acid levels were lower than for double poling.

Keywords: Cross-country skiing, roller skating, heart rate, lactate, diagonal striding, double poling.