

Abstract

Title: Training plan for kickboxing world championship with the focus on nutrition and regeneration

Objectives: The purpose of the thesis is the training plan for kickboxers to the world championship not only within physical health and conditional trainings, but also mental fitness and with full strength in their weight category. The thesis includes the list of United information about nutrition, the regeneration process and fitness preparation. Additionally, brief knowledge about kickbox and its history.

Methods: In this thesis I have used literature research from the selected chapters about kickboxing, regeneration and nutrition. I drew from my own years of experiences and discussed the training plan with my trainer, Vít Masopust, along with my own fitness knowledge supported by my research.

Results: The result of the thesis is a one month training plan consisting of a fitness preparation and the procedures of regeneration. I have selected the exercises from my own experiences and literature research about sport trainings. The first two weeks of training plan are focused on the overall development of a kickboxer including determination, strength and dynamics, while the last two weeks are focused on the speed (of a kickboxer).

Keywords: regeneration, nutrition, kickbox, training plan, supercompensation, martial arts

