

Abstract

Title: System of conditional preparation of professional members of the Joint Rescue System and its comparison with the training of endurance runners.

Objectives: The main purpose of this work is to describe and compare the preparation of Joint Rescue System and the endurance runners.

Methods: The method of comparison and the method of analysis were used. The method of analysis was applied in analysing the individual physical preparation of members of the Joint Rescue System and the preparation of endurance runners. The method of comparison was used in comparing certain units of the Joint Rescue System generally and to a runner.

Results: We've found out that the units of the Joint Rescue System and the runners differ in their coverage. The members of the Joint Rescue System are trying to have the same efficiency throughout the year. Runners are trying to boost their efficiency in order to incoming races and test.

Keywords: Joint Rescue System, endurance run, physical training, tests.