Abstract

Title: The representation of the athletic training in the biathlon physical conditioning

Objectives: This thesis investigates how the Czech biathlon coaches evaluate the proportion of athletic methods in the biathlon training and what is the experience of the Czech elite biathletes with athletic training during their careers. In order to acquire relevant results, the couches have answered a non-standardized questionnaire and the biathletes underwent an interview.

Methods: The research uses a non-standardized anonymous questionnaire made for the biathlon couches in addition to an interview with the members of the Czech national biathlon team.

Results: The results of the non-standardized questionnaires show that the biathlon coaches consider athletic methods in the biathlon training as a positive tool. More specifically, the results have shown that the most common athletic method used by the biathlon coaches is the own body weight exercise, all of the respondents (n=16) agreed (100 % usefulness). The second and third (93,75 %) most common methods of exercise are represented by resistance bands and medicine ball. The biathlon coaches also use special take off exercise such as standing vertical jumps over brackets (87,50 %) and uphill running up to the 150m distance (87,50 %). Coaches often include into the training medicine ball chest throws (75 %) and also forward overhead throws (62,50 %). Regarding the strength development, the biathlon coaches use power stand-off with barbell (87,50 %) and squats or half-squats with barbell (81,25 %). An uphill running (100 %) is the most used method regarding the running exercises and a fartlek run (93,75 %) is also highly used. Considering the methods, the preferred one is the endurance focused training rather than strength development. Coordination is developed mostly by an obstacle course (87,50 %) and by a special exercises with rhythm variations (81,25 %). Last but not least, the results regarding the experience of the Czech professional biathletes, recorded during the interviews, show that every single respondent have previous experienced methods of the athletic training in their biathlon careers. To sum up, the interviewed biathletes have all confirmed the benefits of the athletic training, mainly in the general phase of the cycle.

Keywords: athletics, biathlon, physical conditioning, questionnaire and interview