

Abstract

DECATHLON TRAINING

Thesis objectives: The aim of this case study was to describe its performance development, characterize athletics training in three training stages, and to analyze in more detail the training and performance progressions in three outdoor competition seasons. The author of this case study attempted to clarify his unbalanced performance results, and to estimate the future performance potential.

Methods: This research paper is a case study, and the main methods that were used were description, comparison and data analysis.

Results: The case study demonstrates that the author's performance development trend is slightly increasing, including the past outdoor competition season of 2018. The data indicates that the subject of the case study has not reached his performance potential. Individual decathlon competitions contain results that do not match the personal best results in certain individual disciplines. The training phases show that after the preparatory phase, the subject of the case study underwent moderately high training load, which was labeled as the specialized phase due to the athlete's familiarity of the decathlon training. Regarding the cost of the expressed training frequency, the analysis of the last three training cycles showed that the training cycles did not differ significantly; however, the results of the individual competition seasons were unbalanced. Possible objective causes of the unbalanced competition season results could be the health conditions, poorly chosen training methods, training resources, and too high training load.

Keywords: decathlon, training, performance