

Abstract

Title: The analysis of bobsledder's two-year training preparation cycle.

Objectives: The aim of this bachelor thesis is the analysis and evaluation of the performance development during the two-year training cycle in bobsleigh sport. The thesis evaluates general and specific training indicators based on completed training of a bobsledder. It depicts the influence of specific training indicators on performance in both 2-men and 4-men bobsleigh starts.

Methods: The thesis analyses the training diary which covers two years of preparation, including several general and specific training indicators which are selected and further evaluated. The general training indicators include the amount of training days and individual training units, the total workout time and the time spent on regeneration. Specific training indicators include factors primarily affecting bobsleigh starts. Individual specific training indicators are evaluated on the basis of their level of intensity and their overall classification into the corresponding period of the annual training cycle.

Results: The reason of the performance enhancement of the bobsledder was mainly the higher amount of training completed among specific training indicators. The main training goal was the increase of the strength. This increase before the 2017/18 season had a positive impact on performance in tests and the racing as well. However, there was a visible stagnation in performance at the end of the racing season of the 2017/18, or even a performance decrease. This was caused due to a different distribution of individual training indicators within the annual training cycle, unlike in previous seasons.

Keywords: bobsleigh, sport preparation, training analysis, bobsleigh start, general training indicators, specific training indicators

