

ABSTRACT

Thema works: Overview of the literature about the athletic discipline 400 m run (overview and evaluation)

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Aims: With a help of amassing and processing the chosen special literature sources to make an overview of the literature regarding the problematics of sport preparation for the 400m run

Methodology: For the overview study a method of analysis of amassed literature sources and then the method of the littérature recherche with the topic of sport preparation for the 400m run was used.

Results: We found that nine authors of Theses of Trenérská škola UK FTVS, further four authors of bachelor thesis and thirty four authors of diploma thesis were dealing with the problematics of a 400 m run. There were also four authors studying at other schools, whose work was dealing with this problematics and was available. We also found out that many of theses were created by our elite athletes like rousil, Hegyes, David, Kratochvílová, Fuchsová, Kocembová nebo Tylová. A great number of theses were created by very successful trainers (Váňa, Zahořák, Moravec).

Key words: sport preparation, 400 m run, littérature recherche, strenght training in a 400 m run