

Abstract

Title: Analysis of general strength conditioning for runners – case study

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Aims: The aim of this thesis is the analysis of two preparatory periods (2017–2018; 2018–2019) in terms of general strength conditioning. After this content analysis I will compare them with each other and then with the literature. Data will be collected and analyzed from training diaries.

Methods of work: This thesis was created using content analysis method from two preparation periods. The training notes were provided by Dukla Praha top runners specialized on middle and long tracks. The acquired data focusing just on general strength preparation were compared to professional literature and then with each other. Comparative method was used for this comparison.

Results: The amount of training units aiming at development of general strength abilities compared to literature is less than idealized. The overall ratio of general strength preparation to the total volume of load was higher in the first preparation period. The most used method which occurred in the examined files was strength-endurance method and was practised in the form of circuit training. The main means of training which was apparent in almost all training units was self-weight exercise.

Key words: Athletics, sports training, general strength conditioning