

Abstract

- Title:** The comparison of the training preparation of cross-country skiers in distance and long-distance races.
- Objectives:** The main goal of this thesis is to compare and evaluate the training preparation and the applied training means of two selected long-distance and the distance cross-country skiers.
- Methods:** The case study, in which we will use the method of literary research, the data analysis method and the data comparison to evaluate the training preparation of the long-distance and the distance competitors.
- Results:** By comparing the records of distance and long-distance cross-country skiers' training indicators, we conclude that the training of the long distance racer achieves larger volumes than the distance racer. Another surprising finding was the lower load intensities in training preparation of the distance competitor compared to the long-distance competitor.
- Keywords:** cross country skiing, sport training, annual training cycle, training indicators.