

Abstract

Title:

Training and performance development of female heptathlete

Objectives:

The main objective of bachelor thesis is to evaluate my own performance development in connection with the completed training. The second objective is to mainly compare with the top czech heptathletes Eliška Klučinová and Kateřina Cachová and also with the heptathlete and UK FTVS student Linda Komínková.

Methods:

The methods of qualitative analysis, comparative method, self-analysis and self-reflection have been used in the thesis.

Results:

In the performance analysis, we found that the highest performance was achieved at the age of 22, i.e. in 2018.

During the comparison of my results against the results of Eliška Klučinová and Kateřina Cachová I found that the highest performance differences have began to manifest in the specialized stage of training.

During the comparison of my results with Linda Komínková I have found that my speed assumptions began to manifest at the turn of the basic and specialized stage, when I gradually started winning against Linda in speed disciplines. On the contrary, I have come to the conclusion that the strength disciplines have never been my strong side.

Keywords:

athletics, heptathlon, training, performance, self-analysis

