

Abstract

- Name:** Analysis of the current state of training records in triathlon
- Objectives:** Find out the forms of collection, registration and analysis of training data among contemporary triathletes in Czech Republic.
- Methods:** The method of searching domestic and foreign sources was used in the work to create a longitudinal overview of the forms of collection, registration and analysis of training from history to the present. Subsequently, research was conducted in the form of a questionnaire survey on a sample of triathletes in order to determine the actually used functions of these tools (Survio application, CAWI method). 184 respondents completed the survey (return rate 64.8%); 77.2% of men and 22.8% of women aged 37.2 ± 11.97 years. The research group was selected by purposeful selection among hobby and elite triathletes in Czech Republic (72% of hobby and 28% of elite).
- Results:** The rate of using the electronic form of monitoring and recording data from training and competitions is higher for the elite group of triathletes. (elite 93,8%, hobby 81%). At the same time, this group monitors data in their training more often than in the race and uses the training plan more often than hobby triathletes. The advanced features offered by the applications are used almost identically by both groups. The use of additional external sensors for measuring performance is more widespread among the group of elite triathletes. The use of functions related to social networks is more common in the group of hobby triathletes.
- Key words:** training records, training indicators, training diary, training plan, sport tester, triathlon