

Abstract

Title: Somatotype Comparison in Short Distance and Long Distance Triathlon

Objectives: The goal is to determine the somatotype of triathletes competing in half ironman distance triathlons with triathletes competing in short distance triathlons.

Methods: The Heath and Carter method was used for measuring the anthropometric parameters. The gained data were used in specific equations to calculate each of the three somatotype components. The anthropometric measurements involved participants of the Czechman Tour races.

Results: By gaining appropriate anthropometric data, the average somatotype of triathletes competing in half distance events (2,1 – 4,4 – 2,9) falls into the category of ectomorphic mesomorph, whereas the somatotype of competitors in short distance events (2,1 – 4,4 – 2,9) falls into the category of mesomorphic ectomorphs.

Keywords: somatotype, triathlon, body type, the Heath and Carter method