

ABSTRACT:

Objective: Training and abilities of junior athletes

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The aim of the work: The aim of the work was to find out the level of performance preconditions of two junior runners on the middle tracks, analyze the structure and content of their training, their performance in selected tests and the development of performance in their main disciplines.

Methodology: The work has the character of a two-case study. Methods of literature search, analysis, comparison and evaluation were used. The analysis of training records and competition results of two athletes from the 2017 season was used to compile this work.

I analyzed their performances in individual seasons. I also performed an analysis of training records, where general and special training indicators were evaluated and compared with the results of similar analyzes of other athletes. I analyzed the results of two tests in the biochemical laboratory, which we completed during the preparation for the 2017 season.

Conclusion: When comparing the training records with the professional literature and with selected athletes, we come to the conclusion that the training load was insufficient for the monitored athletes. As a result, they could not achieve better results this season. By processing this work, I realized the importance of keeping individual training records, especially for the youth and junior categories.

Keywords: athletics, juniors, general training indicators, special training indicators, annual training cycle, 800 m run, 1500 m run, 400 m hurdles run