

## **Abstract**

### **TRAINING ANALYSIS OF A 100m HURDLES RUNNER IN THE YEARS 2004 – 2007**

**Thesis objectives:** Examination of influence of training load for personal development of efficiency of Petra Seidlova in 100m hurdles.

**Method:** Method of autoanalysis of three one – year training phases in the period of professional training.

All analysed data about load capacity are taken from daily training – diary of the runner.

**Results:** The basic and special training was mostly influenced by health state of the runner. In the first two recorded seasons training indexes were not that high as in the last recorded year. However, it didn't influence her dynamic performance. The highest performance progression was recorded in the season 2005/2006, the next year her race performance stagnated.

**Keywords:** athletics, training, hurdle race, dynamic performance, sports performance, analysis.