

Abstract

Title: Stress fractures in endurance runners and their causes

Objectives: The objective of this bachelor thesis is to identify possible correlation between stress fractures of Czech female endurance runners and their menstrual cycle irregularities, changes in training intensity, reduced energetic intake as well as changes in body regeneration.

Methods: Qualitative research was carried out using the survey method with means of non-standardised, anonymous questionnaire. The results were further processed and evaluated using MS Word and MS Excel applications.

Results: The results of the research led to the conclusion that a correlation can be detected between stress fractures of female endurance runners and their menstrual cycle irregularities, changes in training intensity, reduced energetic intake and impaired regeneration. The highest degree of co-occurrence was observed with increased training intensity. The next most common connection to stress fractures was found with menstrual cycle irregularities, followed by changes in body regenerations and decreased energy intake.

Keywords: Endurance running, female runner, stress fracture, menstrual cycle, the female athlete triad