

Abstract

Title: Regeneration procedures in terms of fitness training

Objectives: Effect of the cold water immersion on speed performance of elite soccer players.

Methods: In our thesis participants performed in the created tests. Speed performance was measure in 6x20 meters repeated sprint test. A Lactate Meter was used to determine blood lactate levels before and after the regeneration procedure. Data obtained during the experiment were then analyse using statistical functions mean, standard deviation, and analysis of variance (ANOVA).

Results: We found out that the cold water immersion had positive effect on decrease in blood lactate levels compared to the second experimental group that did not participate in CWI. There were no significant differences between results in speed performance tests. The first experimental group that completed CWI evaluated the whole experiment harder than second experimental group that completed passive regeneration.

Keywords: soccer, speed endurance, cold water, comparation