

Abstract

Title: A Case Study of the Training of Elite Czech Female Runner

Objectives: The aim of this study was to analyze the training load of an elite endurance runner in relation to performance and biochemical factors of oxygen transfer.

Methods: The method of content analysis of training diaries and results of laboratory tests of probands was used to develop this thesis. The data provided by the proband's trainer at the time were used for processing.

Results: The work showed that the area of loading in terms of metabolic cover that most affected performance growth was the anaerobic threshold area. Furthermore, the work showed us that the proband did not have stable biochemical values and did not confirm that the growth in performance was accompanied by stable and increased values of biochemical parameters in oxygen transfer.

Keywords: training diaries, analysis, intensity and volume of the training load