

Abstract

Title: Recovery of long distance runners

Objectives: The aim of my thesis is to find out what agents of active regeneration are used most often by long-distance runners, with what frequency are they applied, and what is the effectiveness of regeneration for relieving muscle soreness.

Methods: This diploma thesis is an observational cross-sectional study. The diploma thesis uses the questionnaire method for the practical part and the literature search method mainly for the theoretical part. A self-constructed questionnaire was used, which respondents filled out voluntarily via Google Forms. The questionnaire was distributed among runners via social network Facebook. 149 responses were obtained, 145 responses were included in the analysis of the results, which is 97.3% of the total number of responses. The obtained data were processed using Microsoft Excel 365. The basics of descriptive statistics were used for data analysis. As part of the questionnaire, a visual analogue scale (VAS) with a scale of 0 (no pain) to 10 (worst imaginable pain) was used to analyse the sensation of pain in selected muscle groups of the lower extremities before running, after running and after the chosen regeneration by the respondents themselves.

Results: Respondents most often choose recovery running or jogging as an agent of regeneration. This answer was chosen by a total of 79.3% of respondents, of which a total of 40.0% of respondents apply recovery running or jogging once a week. Regeneration, with the aim of alleviating muscle soreness, was effective in 79.9%. Runners were recommended to regularly include recovery in their training plan.

Keywords: recovery, fatigue, recovery agents, run, long distance