

Abstract

Title: Regenerative procedures in cycling

Aim: The aim of this bachelor's thesis was to find out among cyclists knowledge about regeneration and how they regenerate themselves or what methods they use.

Methods: The research method and the questioning method were used in this final work. The main sources include professional literature, websites such as the Czech Federation, UCI and others. An anonymous and voluntary questionnaire method was used to obtain data.

Results: According to the questionnaire that I distributed on social networks, I found out that the vast majority of the 116 respondents do not regenerate and do not devote any time to it. Among the cyclists there are also those who devote some time to regeneration and use various aids such as massage rollers, balls, rubber or also use cold showers that lead to its acceleration. Food supplements are also one of the accelerators of regeneration, but according to research, they are not so sought after and used.

Conclusions: Due to the results of the questionnaire, cyclists do not pay as much attention to regeneration as they should and do not realize how important it is as the training itself. The speed of regeneration directly depends on the health of the individual, the availability of food and drinks, physical and mental fitness and the possibility of rest. Regeneration of the organism after an injury or illness is faster if the body receives an increased number of vitamins and nutrients for the restoration of all bodily functions. Increased fatigue, malaise and sometimes anemia or poor regulation of body temperature are common. In my opinion, everyone should find at least some time and devote it to regeneration for their sports performance and health

Keywords: mountain bike, cycling, species