

Name: Analysis of training and competitions results of the Czech representant in event 400m in cycles 2004/2005 and 2006/2007.

Aim of study: Aim of the study is to analyse composition, intensity and type of training workload and performance of a Czech national team 400m runner in macrocycles 2004/2005 and 2006/2007.

Methods: Description and auto-analysis based on the study of specialized literature and evaluation of training diaries of Drahomíra Eidrnová.

Results: We confirmed a good strategy of training. With coach Kratochvilova training focused on general endurance, tempo endurance and general strength development. In the next phase of training, coach Gruml emphasized specific endurance development, running skills improvement and dynamic strength development. In future training, it is advisable to focus on maximum speed and speed endurance development and prevent health problems by suitable recovery techniques.

Keywords: athletics, 400m, performance, training