

## **Abstract**

### ***ANALYSING OF TWO YEARS TRAINING MACROCYCLES (2006-2007 a 2007-2008) RUNNER ON 1500 M***

**Objectives:** We focus on the contain of training unit, and types of endurance with respect to training sessions. We analyze special training exercises and methods in the season from the perspective of dynamic value changes and intensity workouts in that season. The main goal was to measure relationship between speed and endurance skills and evaluate their influence on the performance.

**Methods:** In our thesis we have used the comparison analysis method of two years training cycles. We used percentage value for accurate quantifications, and qualitative analysis coming out from dividing whole running facility on general and special. We measure relationships between speed and endurance skills, and their influence on 1500 m distance. We analyze running log (OTU and STU), and following dynamic changes of these determinants.

**Results:** We have described a training process of an advanced competitive runner in middle distance 1500 m at an efficiency level. We have found out that the general training was preferred rather than special training. This way we have reached a positive training effect, which culminated in both cases in the Czech national championship on track.

**Keywords:** endurance, middle distance 1500 m, training process, athletic, efficiency level