

Title: Evaluation training loading and performance grow up for five years period of Tereza Huřková and Michal Talava-ek in mountain bike discipline of cross country

Abstract: I evaluating and analysing training loading and performance grow up for five years period in discipline of cross country in my theses. Mountain bike, especially discipline of cross country is very exacting and endurance sport, which takes oneself a lot of specific in sports, technic and psychology preparation and this sport puts a giant claims of subjects voluntary characteristics. Training loading induces changes in organism, which it shows to grow up of specialization performance. I chose two of very talented subjects, the racers of mountain bike, which young, but reached of admirable accomplishment in there sport.

Keywords: mountain biking, training, performance

Objectives: The aim of this theses is kazuistic study (intensive and deep study the presentive human and his situations and problems). I analysed, training loading and performance grow up with consequently evaluating by Tereza Huřková and Michal Talava-ek, pursuant of interview, trainings date books and laboratory tests.

Methods: This theses is qualitative research, when I sought out and analyzing any informations this problem, and there explication. Data acquisition and there analysis was under way in longer time interval. Main aim was clarifield feelings and behaviours of competitors in there sports atmosphere, why they behaved in a way and how they organized there activism and interactions. I used individual, non-standard, obvious and one shot interview with couble competitors in my theses, and discover sport biography details this competitors.

Panels type comparative research is used as the evidence and data evaluation. Is created review about training loading with the aid of graphs and charts of researching competitors from this registered and evaluated trainings indexes.

Attention was devoted most significant training indexes of efficiency grow up the competitors of mountain bike.

Results: I analysed and evaluated the sport evolution way of Tereza Huříková and Michal Talavašek in cross country discipline in my theses. It turned out by Tereza and Michal, that there accentuated efficiency boom occurred after there move to sports grammar-school in Vimperk, where they were trained by Jiří Lutovský in organized and systematically. Physiological parameters both had the great level, but background had different, by Tereza was ideal, Michal had to move from family which leads to loss a motivation in common with his injury.