

Abstract

Title: Pedagogical evaluation training runners from the 800 m category, older pupils

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Objectives: : implementation of educational evaluation training process runner in the 800 m category, older pupils during the two annual training macrocycle, 2007/2008 and 2008/2009

Methodology: Content analysis of a training documentation of the selected runner, based on two annual training periods (2007/2008 and 2008/2009), focusing on the monitoring of selected general and special training indicators.

Results: In the 2008/2009 season, the monitored runner improved his personal records on 800 m and 300 m tracks compared to the previous season. He has run more kilometers both in total and in individual training indicators. Several deficiencies can be seen among general training indicators, where it is evident that in the 2008/2009 season there was a lower number of days with training load and higher number of days when the runner was limited by sickness or other reasons. After analyzing selected training indicators and the graphic waves of training load among individual cycles within the two training periods, we have come to conclusion that the runner's performance on 800 m track was mostly impacted by the following special training indicators: Special Rate, Endurance Rate I, Endurance Rate II and General Perseverance. The conclusion is that the monitored runner will most likely tend to prefer tracks longer than 800 m in the future, as he is rather a long-track runner (see Table 3 in the theoretical part).

Keywords: athletic training, pedagogical evaluation, content analysis, 800 meter run, older pupils, general training indicators, special training indicators