

Abstract

Title of the thesis: Characterization of training of skibobbers in Jablonec nad Jizerou

Aim of the thesis: The aim of the thesis is to characterize a training plan throughout a whole year, to learn the training difficulties during various periods and to show differences and similarities with training plans of skiers.

Methods: Search of literature focused on training of skiers a learning of biomechanical aspects of ski-driving. There is a very few pieces of literature dealing with skibobs. Therefore most of the information is gain from trainers in Jablonec nad Jizerou, especially from the current representation trainer. The training plans of skier and skibobber are completed from available sources (interview, notes). Training analysis and their differences were done by deductive analysis.

Results: Characterization of training units of skibobber and skier is very similar. The differences were found in training composition where in case of a skibobber there is more emphasis laid on strengthening his or her arms. This kind of training is also more frequent than in case of a skier. Thanks to more bicycles training and motion activities for strengthening arms. Skibobbers have also more frequent participation in various races. However, this depends on individual efficiency.

Key words: skiers, skibobbers, characterization of training plans, year training plan, training differences