

Abstract

Title: 800 meters elite runner training analysis

Objectives: The main goal of my thesis deals with pedagogical evaluation of 800 meters elite runner training process. It concerns analysis of teoretical background esential for the performance growth of the two annual macrocycles through 2007/2008 and 2008/2009. I mainly focused on the relationship between the volumes of general and specific training indicators and achieved performance indicator in tracked event. The conclusion of the work should provide us with recommendations for the training process improvement in future periods.

Methods: The education analysis of training process is based on the values that were obtained by content analysis of training documents and training records of the coach. I used a percentage expression for a quantitative comparison. For the qualitative comparison I used a distribution of training indicators devided into 17 categories, 5 as indicators of general training and 12 as special indicators.

Results: The growth of sports performance in 800 meters discipline was primarily achieved by training loads of special training indicators and focus on its main field. The resulting performance was most influenced by changes in speed and special endurance development, which were supported by the growth of tempo and general endurance development. The level of performance is therefore dependent on the volume, intensity and structure of the loads.

Keywords: sports training, athletic training, performance, efficiency, running 800 meters, general training indicators, special training indicators