

## **Abstract**

**Title:** Effect of short-term rest on the biathletes and cross country skiers heart rate.

**Objectives:** The aim of this study was to detect changes in the intensity of the burden of heart circulation, expressed as heart rate, during a short rest for cross country skiers and biathletes.

**Methods:** In this work we used the method of comparative case studies. Biathletes and cross country skiers we have during one day at one point asked the development of their heart rate during loading with rest periods. We set the index of speed sinking heart rate. Using arithmetic averages, we compared the different sports disciplines. We have created graphs, we can compare results.

**Results:** It was confirmed that heart rate decreases to biathletes faster than to cross country skiers. Biathletes decreases heart rate up to 21.9% faster than the runners on skis, especially through specialized training.

**Keywords:** heart rate, recovery, rest, interval training.