

## Exercises Enhancing the track cycling technique

### Aim:

The aim of this thesis is to compile and verify in practice exercises for inventory development and training

proper techniques bike ride along the bike path. These exercises should be included in the beginning and during the cycling training. In conclusion, the thesis is whether Applications should exercise for the development of proper riding techniques on the bike path positive impact on

the group of competitors, or if they had no effect. It is assumed that even with competitors, having behind Track racing experience occurs after the adoption of emerging exercises riding technique on the track to improve driving techniques.

### A method:

In compiling the inventory we initially created different types of exercise. individual exercises

It was applied to athletes in the sports center, youth cycling club Favorit

Brno. When the work was continued applied research literature. I gained knowledge

He added their knowledge and experience with the ride along the bike path. Without a perfect mastery

riding technique on the track cycling on the bike path can not be expected in the future

top performance. Adoption exercises described below competitor wins the prerequisites for

the harmonious development of all components of sports performance. Since the track cycling is suitable for special skills training (pedaling frequency, rhythmicity driving, straight etc.)

cycling, we recommend that you mastered this exercise as well as future road workers.

### rationale:

I myself am an active racer and I started cycling at the age when they should have

Racers these exercises adoption. Since I myself felt shortcomings, I'd be like,

if starting with "dráhaři" avoid similar problems.

### Keywords:

track cycling, driving the development of techniques, exercises