

Annotation

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Title: **Effects of Intensity and Volume on Developing General Endurance in Triathlon**

Key words: aerobic threshold
anaerobic threshold
respiratory quotient
power equivalent
aerobic capacity
aerobic max. performance
triathlon

At present time, high-quality training documentation is a necessary part of the training process. Computed records referring to training load allow to broaden accounting of parameters influencing the training process, and improve the training analysis, which will consequently allow for improving the training load analysis.

In this dissertation I tried to point out that power demands of physical activities can be used as a specifying indicator of the training load in developing long-term endurance in triathlon. In triathlon events I focused on cycling and running. When determining power demands of an activity, physiological values referring to running laboratory tests were used. The power demands were calculated according to Di Prampero.

As based on the power demand assessment of the given person's activity, training plans with current testing were elaborated. At the end of the two-year training cycle, accounting the effects of power demands on the triathlon training process was evaluated.

Supposed contributions:

- more accurate training load accounting
- better analysis of the training process
- more effective planning of the training load