

## **Abstract**

**Title:** A long jump athlete's two – year training analysis.

**Objectives:** To assess the athlete's performance progress under the leadership of two different coaches and to evaluate her development over a two – year training period of studies at Faculty of Physical Education and Sport in Prague.

**Methods:** Methods used in the thesis are: observation, description and deduction.

**Results:** Characteristic of long – jump athlete's training activity differed by age categories. The achievements are sorted in tables and graphs. Along with the analysis of the training taken and results achieved, there are comments about health added. The analysis is held in the two – year period under the leadership of two coaches. Selected training indicators as well as the results in several tests are presented in the tables.

**Keywords:** athletics, long jump, training, analysis.