

## **Abstract**

**Title:** Comparison of Cross-Country Skiing Training in the Czech Republic and in Norway

**Objectives:** The aim of the diploma thesis was to gain information about Norwegian nordic skiers' training and to compare it with the preparation of nordic skiers in the Czech Republic. The possibility of applying Norwegian training methods to the Czech Republic was considered with relation to local conditions.

**Methods:** The methods of questionnaire, observation and content analysis were used in the diploma thesis.

**Results:** The evaluation and comparison of the questionnaire data were illustrated in tables and charts. The evaluation of observations and training documentation in the Czech team Olfin Car – Vella Trutnov and the Norwegian team Holmen IF Langrenn.

**Key words:** Cross-country skiing, system of training preparation, training methodics