

Title: Planning and Analysis swimmers training in the basic stage

Objectives: The aim of the study was to experimentally applied training plan for swimmers in the basic stage of sports training. At the same time through achieved performance at selected competitions verify the effectiveness and validity of the implemented plan.

Methods: In this work we used the method of experimental applications training plan. The method of indirect observation of the diagnostic techniques in swimming flume. The method of direct observation techniques for the implementation of training. Furthermore, for the diagnosis of swimming techniques was designed and used tables for qualitative analysis of swimming styles. Comparison method were compared to selected indicators of general training and the achieved performance swimmers. And lastly, was also used the method Conconi test for the detection of physiological parameters in stress tests.

Results: We found that the training program was effective. Has improved the technical level swimmers and achieved performance improvement in swimming competitions. The test subjects were also monitored parameters VO₂ max. In during the training plan was found at one swimmer improvement, and at the second swimmer decrease.

Keywords: swimming training, basic stage training, swimming technique, training indicators