Abstract:

**Preparing for the longest race Ironman Triathlon**

This thesis deals with the preparation for the longest race Triathlon - Ironman. The theoretical part of the work includes chapters on the history and current long distance triathlon. It also deals with the specifics of the sport and the different disciplines (swimming, cycling, running).

The research part is composed of the experiment, evaluation of the data and subsequent analysis.

The work implies that in the performance of individual councils may be the longest track Triathlon - Ironman finish. It is important to ensure proper nutrition, appropriate classification of individual disciplines and principles of sports training.

Keywords: Ironman, triathlon, swimming, cycling, running, training, fitness tests