

Abstract

Title: Verifying the device Cyclus 2 for performance evaluation and training Triathlon

Objective: The aim is to verify the suitability of the device Cyclus 2 for triathletes stressful diagnosis and suggest its use for performance evaluation and trénovanosti during RTC.

Methods: The work is qualitative in nature with elements of the description and exploration.

Results: The result of the work is to create a list of appropriate tests for analyzing training and performance in triathlon and their inclusion in the RTC. Then transfer the user interface device to create and czech manual for its operation in Czech.

The most appropriate test for diagnosing trénovanosti and performance in triathlon roundedconsider a test that provides valuable information on growth performance during the annualtraining cycle. Another good test for triathletes is the Wingate test on the ability to work the muscles in the anaerobic mode. Test maximum cadence, maximum strength and CPI test is not stressful for the diagnosis of triathletes too important, but can be used to obtain an overall view of the level of cycling performance. Conconiho test can be used as a simpler butless accurate alternative test round.

Keywords: cycling, diagnostics, perseverance