Abstract

Main topic in this bachelor thesis is comparison of rowing training in youth and adult categories. In theoretical part is briefly mentioned history of rowing, historical and current achievements of our rowers and also there are mentioned significant coaches. Next captures are about rowing training and specifics of preparation in individual age categories. Practical part concerns short introduction with rowers who trained under the training plans. And of course there is comparison of training diaries of single categories.

Key words

Rower, rowing, rowing training, boat, trainer, gym, endurance, power, speed, load.