

**Abstract**

Main topic in this bachelor thesis is comparison of rowing training rowers and lightweight rowers during winter preparation. At the beginning is briefly mentioned history of world rowing, history of czech rowing and personalities and achievements of the Czech republic. Other chapters deal with winter preparation of both weight categories. There are mentioned resources used in the winter preparation and main differences in their use of the different categories. Specifics of training in different categories and their comparison and identification of major differences in training in winter preparation.

**Key words**

Rower, rowing, trainer, gym, run, lightweight, strenght, endurance