

Abstract

Title: Planning and Analysis swimmers training in the basic stage

Objectives: The aim is to experimentally apply an annual training plan developed based on previous training to a selected swimmers in the basic stage in given conditions.

Subject to monitoring and recording are general indicators of training, diagnostic techniques swimming styles and selected functional indicators. Through track record at selected competitions we have verified the effectiveness and validity of the implemented plan. Part of this work was partial Comparison with the preparation of training swimmers successful section of the same age category.

Methods: In this work we used the method of experimental applications training plan, a method of indirect observation of the diagnostic techniques in swimming flume.

Another method was direct observation techniques for monitoring the implementation of training. Furthermore, for the diagnosis of swimming techniques designed and used tables qualitative analysis of swimming styles. Comparison method were compared to selected indicators of general training and the achieved performance swimmers. To determine the functional parameters were used spiroergometric complete stress testing on treadmill carpet.

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