Abstract

Title: Functional strength in running preparation of soldiers of Czech army

Objectives: The main objective of this work is to create a reservoir of exercises of increasing functional strength runners. Creating a poll for functional strength between physical education employees of Czech army and civilian coaches.

Methods: At work I used the method of analysis of scientific literature in the field of functional strength. Qualitative research method I used to obtain information from respondents in the form of survey forms.

Results: Result of this work is the basic reservoir of thirty-two exercises that assist in increasing and improving running functional strength and which can be used in running training soldiers of Czech army. Another result of the survey is to evaluate the awareness of trainers on the concept of functional strength and definition of this concept.

Keywords: Functional strength, strength, coordination and balanced skills, running training, functional, natural movements, kinetic chain.