

December 2012

Abstract

Title of the thesis:

Specifics of the training process of professional, performance and recreational athlete.

Aims of the thesis:

The aim of this work is to compare the training process of professional, performance and recreational athlete.

Method of work:

The method of direct observation (participation in training) together with the indirect method of observation (training diaries) was used in this thesis.

The results of work:

Athlete OS has a training set according to the specified targets, and they determine the intensity and volume. Performance and recreational athletes then train in less intensity, in order to meet their targets. Training of athlete OS is most concentrated on rowing itself, whereas training of athlete MŽ serves only to develop proficiency (rowing machine in the fitness centre), the running is getting more in the foreground. Rowing training activities (both on the water and on the rowing machine) are dominant in training of athlete VZ, but greater integration with other sports is also seen.

Keywords:

Professional athlete – performance athlete – recreational athlete - sports training – condition training - influence of sport - rowing