

## **Abstrakt:**

### **Title:**

Comparison of the level of effort during the skitouring and snowshoeing movements in an adjusted terrain.

### **Goals:**

Based on the results of heart rate- find out and compare the level of effort and energy output during the ski touring and snowshoeing movements at three different speeds and in an adjusted terrain.

### **Method:**

Quantitative measuring of the heart rate and energy output using a heart rate monitor and intrapersonal comparative analysis of measured values during the ski touring and snowshoeing movements.

### **Key words:**

Heart rate, energy output, snowshoes, ski touring, Army of the Czech Republic, movements on the snow and ice.