

Abstract**Title:**

The application of breathing training in female runner's preparation

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Consulting:

This bachelor's has primary aim in placement of breathing training with POWERbreathe system in selected mezocycle and determination it's influence on actual condition of the female runner.

Methods:

Bachelor's work is made as a case study. The subject of this work one person, who was training respiratory muscles with POWERbreathe system during one month (31.10. – 30.11. 2012). The subject was also undergoing monthly running programme and observation of body composition.

Results:

This is my own intraindividual observation, so I admit, that there could be possible distortion of results. That is why I can't make general conclusion out of this research. By comparison I found out, that in one mezocycle, respiratory muscle became stronger and efficiency of the respiratory system was higher. In addition the basic anthropometric data was changing, but I didn't carry out statistic process to confirm if there is any statistically significant change in weight, active body mass or body fat. During the reaserch there was no change of trainig parameters.

Key words:

athletic training, running preparation, endurance, breathing training, POWERbreathe, actual condition