

Abstract

Title

Training and performance of a shot put thrower

Aim of study

The aim of study was to analyze performance development of shot put thrower Pavlína Radová in a five-year period. Analysis was focused on connection between the dynamics of athletic performance and the effect of training load during each of the two training cycles 2010/2011 and 2011/2012.

Methods

In this thesis, we used auto-analysis and comparison. Data for analysis of training load and performance development were obtained from the training diaries of the years 2010/2011 and 2011/2012.

Results

Sports performance development was majorly affected by character of training load and mental condition of the athlete in each yearly training cycle. Poorly chosen training load and insufficient regeneration lead to stagnation or decline in physical performance. Individual approach of the coach and his communication with trainee is very important.

Key words

Sports training, shot put, performance, analysis, training load