

Abstract

Name of the thesis:

Pedagogical evaluation of the annual training program 800m runner in 2010 and 2011.

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Aims of the thesis: A descriptive analysis of a two years-long training cycles from the perspective of the different training means, load characteristics and the relations between the sport performance and its efficiency.

Methodology: In this thesis the method of pedagogical evaluation using the qualitative analysis of the training documents was applied.

Results: Using tempo and special endurance throughout the racing season was achieved maximum efficiency in both monitored zones. Despite his health problems, the racer achieved his personal bests during the second season (2011), which was reached by improving the section of his speed and very through rehabilitation, which facilitated his quick comeback after the injury

Key words: pedagogical evaluation, qualitative analysis, 800m run, general training index, special training index

