

## **ABSTRACT**

**Title:** Trends in swimming training for individual medley events

**Objectives:** The aim of our study was to analyze performance and training for 200 and 400 m individual medley events and describe new trends in training for these swimming events

**Methods:** Our research design was a case study. We were interested in training of three swimmers of elite performance in the 200 and 400 m individual medley events. To identify cases, we used the analysis of documents and literature, to a limited extent, the method of interview.

**Results:** Training of elite swimmers is characterized by a high training volume. Coaches uses mainly interval training methods. Training is highly specific. During the later stages of the annual training cycle training is focused on race pace in the high training volume.

**Key words:** training, swimming, individual medley, periodization.