

## **Abstract**

**Title:** Individual performance development of female heptathletes

**Objectives:** The aim of the study was to evaluate the evolution and dynamics of performance of nine female heptathletes and estimate the following development of their performances. We evaluated the performance of each discipline of heptathlon and performances in the heptathlon during their entire athletic career so far.

**Methods:** The work was a qualitative research, where the evaluation was based on data collected through document analysis methods. Data were obtained from the results lists and tables. We evaluated the individual dynamics of performance of athlete. We used the method of comparison and prediction based on a retrospective analysis.

**Results:** It was confirmed that the greatest growth of performance is in youth and junior age, then the growth slows down.

It was found that female heptathletes current and prior to year 2001 had similar growth rate of performance, but current female heptathletes have higher level of performance.

It was found that the length of career will be around 15 years.

**Keywords:** athletic, pentathlon, heptathlon, analysis, performance