

# **ABSTRAKT**

## **Title:**

Training and performance development of runner for basic and special phase of preparation.

## **Objectives:**

Analysis of Vlastimil Šroubek's training and development of his sport performance in basic and specialized phase of preparation will be the main objective of this bachelor thesis. Structure and content of training process since 2003 till 2010 will be analyzed using the data taken from training's diaries. These data will be analyzed in different qualitative and quantitative parameters by method of content analysis. Results will be worked out into graphs and tables. In conclusion I will try to target my following training program with the aspect of this thesis' results.

## **Methods:**

The main method used for creation of bachelor's thesis was detailed analysis of my own training diary dated since 2003 to 2010 – focused for general and special training indicators.

## **Results:**

This thesis confirmed that the optimal increase of volume and intensity of load has led to improvement of performance. An excessive increase of volume has not had a positive influence on sport performance, because it has led to health issues. Special pace development trainings have had the greatest influence on sport performance.

## **Keywords:**

Runs on the medium and long distance, basic and special phases of sport's training, analysis of training and performance development.