

Abstract

Thema works: Sprinter's training analysis

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Aims: The analysis of the sprinter's training process based on the annual training cycle (RTC) in terms of methodological procedure, how to use the resources of special training indicators (STU), their volume and intensification of applications in various stages of sports training. Comparison of uniform training system and recommendations for sprinters of comparable level of performance with the reality of comprehensive evaluation of the training program of selected sprinter.

Methodology: The content analysis of training diary was used as a method of the thesis. We obtained and reviewed selected general training indicators (OTU) and STU for sprinters in athletics from the training diary. In OTU section we focused on volume of training days and training units while total loadtime and number of days of training restrictions due to medical disability. In STU, we focused especially on the development of acceleration and maximum speed (total volume in km), the development of speed endurance (km) development of dynamic forces through running with load (km), further bouncing I and II (evaluated in number of repetitions) and strengthening with the load above 20% of the body weight (estimated in tonnes). Methods and procedures for use according to the phasing of RTC. The results of the content analysis we presented graphically.

Results: The results of the Thesis: The STU selected volumes in RTC are lower than recommended values in all selected items. The decisive factor is a complex training in terms of preparation and planning taking into account individual peculiarities of the individual.

Key words: athletics, short runs, sprints, training analysis, OTU, STU, technology