

**Title:** The attitude of track and field athletes to the recovery in the sport

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**Aims:** determining the attitudes of athletes to proper lifestyle and recovery in the sport and comparison of recovery methods in terms of their use. Another objective was the possibility of comparing the obtained results by gender and regional representation by means of a questionnaire survey.

**Methodology:** to meet the aims of this work were used method of questioning when  $n = 160$  track and field athletes of different gender and selected countries around the world completed standard questionnaire on the web portal google. In the evaluation of the results I focused on two major areas - lifestyle athletes and their view on recovery and used recovery methods.

**Results:** work is divided into a theoretical part dealing with the analysis of the basic concepts and contexts topic work, and the practical part. The theoretical part of the paper draws on the available scientific literature related to the topic of work. Next second part is the practical part, where the results of the survey were presented. Research has shown that the most used recovery procedures are an active method of jogging and massage. The use of hot and cold treatments is diverse from a regional point of view, when hot whirlpool, sauna and steam are still often applied in the Czech Republic. Conversely, cooling and local cryotherapy is one of the important procedures used in the United States and Canada. In terms of gender results were only slight differences when women appear to be in compliance regime of lifestyle and recovery consistent than men. In comparison approach to recovery in sport from a regional point of view, I conclude that the selected European countries are in the attitude to lifestyle and regeneration in sports closer to the Czech Republic, more than the United States and Canada, as it was assumed from the beginning

**Key words:** athletics, questionnaire, attitudes, recovery, lifestyle