

Abstract

Title:

Sports training assessment of the Czech record holder in the sprint events in the youth categories

Objectives:

The main objective of the thesis is monitoring and assessment of selected general training indicators, special training indicators and control tests during the four-year sports training period of a young sprinter in the category of 15 years and the category of 17 years. Results of the selected training indicators and the control tests were compared.

Methods:

In the present thesis the method of observation and the content analysis of training documents are used. The training documents are obtained from the coach of the observed individual. The general training indicators, the special training indicators and the control tests are selected from the training documents, which are evaluated by the basic statistical procedures and subsequently they are composed to the tables, charts and comments.

Results:

Due to the set plan of the thesis, we recorded during the four-year period an annual increase in the volume of the general training indicators of M.B. The volume of load is increasing in all the selected special training indicators. The interesting fact is that in 2010/2011 the observed individual has had a lower number of run kilometres in the special training indicators, lower maximal speed and acceleration than in the previous year. The reason is the occurrence of health problems. Every year the observed individual improves in the selected control tests and he achieves better results than figures recommended on specialized literature.

Keywords:

athletics, sprint events, sports training, category of 15 years, category of 17 years, general training indicators, special training indicators, control tests