

Abstract

Objectives: The main objective of this work is to characterize fire sport in details and create a list of particular exercises aimed to help in training in two fire sport disciplines. This sport is continually developing and is suitable for people of almost any age. The complex of exercises designated for the 100 m sprint with hurdles and for the climb to training tower's 4th floor with hook shaped ladder represents also means of training the fitness condition needed for other fire sport disciplines.

Methodology: Collecting data from literature, coaches, sportsmen and its subsequent theoretical processing.

Results: The result of this work is fire sport overall history and development. Introduction of particular disciplines and material equipment. Demonstration of training sessions in various part of yearly training cycle, formation of exercise collection with their description and usage in the training cycle. Exercise collection contains 11 exercises for running the 100m hurdles and 18 exercises for output to 4 floor training tower displayed on kinograms. A 22 modified exercises for the 100m hurdles and 18 for output to the tower.

Key words: fire sport, special exercises, fitness training