

Abstract

- Title:** The training process analysis of Martin Jakš in 2010 – 2016
- Objectives:** The purpose of this study is to pedagogically evaluate the training process of Martin Jakš, the member of the Czech cross-country skiing team.
- Methods:** This study is designed as a case study. The study addresses a qualitative research, which was based on an analysis of training process of an elite cross-country skier. Training indicators and sport physical examination were analyzed and assessed with regard to racer's performance in the studied term.
- Results:** The results of this study showed a tendency to decrease of athlete's performance in the studied term.
- Key terms:** cross-country skiing, yearlong training cycle, training indicators, sport physical examination, performance