

## **Abstract**

**Title:** General and special physical training in judo.

**Goals:** The primary aim of his thesis is to build an optimal monthly midcycle of first preparatory period fitness training for judo section SKPŠ judo Prague. The secondary objective is the description of scientific literature on the topic of development of general and special fitness training in judo, description, analysis and comparison of training plans – monthly midcycles of preparatory period club USK Prague and SKPŠ judo Prague.

**Methods:** The work used the method of unstructured interview, analysis of available literature, comparison and analogy midcycles of the clubs, modeling optimal training plan for the club.

**Results:** The results refer primarily to the insufficient number of training units SKPŠ judo club in Prague and the consequent under development general and special fitness training. Another finding is that the structure of the development of special physical training of both clubs is the same.

**Keywords:** judo, training, general condition, special condition, preparatory period, training schedule