

Title in English:

Warm - up in training process

The aim of the work:

Based on observations of warming and heart rate measurement to describe the structure and contents warm at selected ages 19, 16, 13 years in the weekly microcycle main season.

A method:

To obtain the necessary information has been used Czech and foreign literature. I used method of indirect observation (video), and pulse rate (Polar Vantage NV). The information obtained were processed statistically.

results:

Results are presented graphically. Identified hypotheses are confirmed, or disproved.

Keywords:

Warm up, training of children and youth, loading, stretching, heart rate, quantitative and qualitative analysis.