

Abstract

Name:

The four-year olympic cycle of a terminal swimmer.

Objective:

The objective of the research is to appreciate the external training loading condition and the development of the efficiency during the four-year olympic cycle 1996-2000 of the Slovak representative in swimming, Miroslav Machovič.

Method:

In this research there were used the methods of the literary studies, analyse of the recording documents and interview with the object of the research. Discovered data in a illative part were used in a tabular and graphic figuration.

Results:

Presented results give the outline about regulating and structure of the individual training loading condition in higher stage of the sport training and development of the individual efficiency.

Key words:

sport swimming, training, olimpic cycle, sport efficiency, 100 m and 200 m backstroke