

Abstract

Title: Sprinter's training in the specialized phase of the conditioning
Selfanalysis of one's own training

Goals: The main goal of this dissertation is to review the development of my own performance and to evaluate the training in the specialized phase of the conditioning. Next goal is to evaluate the individual development and the results of chosen STU, that are important for short smooth sprint, and afterthat to compare those indicators.

Methods: Data for the explorative part were gained by the method of content-selfanalysis of training documents, and we I evaluated chosen special training indicators of those documents. We mainly focused on development of acceleration maximum speed, followed by the development of speed endurance and running with load (total volume in km).

Results: The results of chosen training indicators are processed to the table and graphic form. The form of comments is used for analysis of sport preparation, setting up the compensative exercises, health condition and evaluation of performance's development during four years period with two different coaches. The load was increasing in all chosen STU. The individual approach of the coach and communication with the client was very important aspect, that also contributed to the conclusion, that the best results were reached with the Klára Dubská coach.

Keywords: sprint, athletics, training indicators, evaluation, analysis