

# **ABSTRAKT**

## **Title:**

Analysis of 5000 m runner's year training cycle.

## **Objectives:**

Main goal of this thesis was evaluation of training progress of Vlastimil Sroubek, 5000 m runner, in the season 2014 / 2015. Training process in this period was analysed with content analysis composition from perspective of special training indexes and evaluation of dynamic changes of these indexes. The quality of core trainings was expertly evaluated and researched. These particular data were collected from training diary. Graphic evaluation by using Diagrams of the gained results is elementary part of this Thesis. The results of the research were compared with created model load characteristics for 5000m runner. Brief suggestions of continuous athlete preparation for next season, when we respect the results of content analysis and expert assessment, is in the conclusion.

## **Methods:**

Content analyse of the training diary is the main method which I use to write this thesis with focus on general and specific training's indexes and expert assessment of growth training each special of running abilities. Percentage evaluation was used for quantitative comparison.

## **Results:**

Thesis shows that different preparation from model characteristics load together with ineffective development trainings each special of running abilities and wrongly leaded period of loadness didn't caused planned output improvement and neither top condition during the most important races of the season.

## **Keywords:**

Training load, 5000 m run, year training cycle, model's load index