

## SUMMARY

A major objective of this dissertation was with help of literary sources to show and point out contemporary trends in strength preparation of sprinters, regardless of the goal of concrete training phases. The phases are planned according to the competition schedule. The further important factor of the successful planning is to know individual strength training methods and how to incorporate them to the overall plan.

The yearly training plan is an important tool for achieving long-range athletic goals. The yearly training plan is divided into:

- Anatomical adaptation, the main objectives of this phase are to involve most muscle groups and to prepare the muscles, ligaments, tendons and joints for load. The duration of this phase is 3 to 5 weeks.
- Maximal strength, the main objective of this phase is to develop the highest level of force possible. This is according to Charlie Francis the most important phase for sprinters. The duration of this phase should be approximately 6 to 9 weeks depend on athletes.
- Maintenance phase or competition phase, the main objective of this phase is to maintain the standards achieved during the previous phases. The main goal is the competition.
- Transition phase, the main purpose of this phase is to remove the fatigue acquired during the training year and replenish the energy by decreasing volume and especially intensity. This phase is strictly individual.

After a studying of the proper literature and the internet sources, I have formed a hypothetical model of the strength preparation and I have also described my training programme which are both put into the resultant part. The dissertation also includes the picture documentation of the weight lifting and jumping exercises, that is contained in the appendix.

Key words: strength ability, sport training, training phase, structure of yearly training plan