

Abstract

Title: Field research of flat water canoeist's anaerobic threshold

Aims: The main aim of the research is to set the field condition anaerobic threshold based on the Conconi test and to set the lactate curve, i.e. an exponential process of a blood lactate concentration depending on the speed of paddling, the heart rate and relation between these two factors.

Methods: The usage of Conconi test and the lactate curve, i.e. an exponential process of a blood lactate concentration depending on the speed of paddling, the heart rate and a relation between these two factors.

Outcomes: The Conconi test is not a convenient method for setting an anaerobic threshold in a flatwater canoeing.

Keywords: flat water canoeing, anaerobic threshold, Conconi test, lactate curve