

Abstract

Title: Effect of warm up to repetitive speed test

Objectives: Comparison of effects of two variations of warm up on repetitive acceleration speed test.

Methods: In this work analysis and comparison method was used. The method of analysis was applied in particular warm up for track-and-field disciplines and speed training. The method of comparison was used for evaluation of results in speed test.

Results: Probands achieved the shortest time on 30 meters sprint on first testing after complete warm up. The differences between times after particular types of warm up were not significant. On shuttle run 3 x 10 meters probands achieved on first testing after complete warm up the shortest time again. It was statistical significantly better than on test 30 meters sprint. Achieved time after motion activity was almost the same after complete or partial warm up.

Keywords:

acceleration speed test, effect of warm up, repetitive test, speed, speed test, warm up