

ABSTRACT

This dissertation will give us insight into racewalking as a discipline, we will learn interesting facts from the history, then it will introduce us to its specifics and differences. Thereafter, the dissertation focuses on the structure of performance and training in racewalking. The main focus of my dissertation is the topic of nutrition, which is the key factor in the overall performance. It describes all the necessary components of a diet, which are very important in a well prepared pre-race training. The next fundamental theme is the replenishment of glycogen, which is needed for a proper work of muscles and to correctly utilize the supercompensation diet. Furthermore, the forms, rules and methods of being on a supercompensation diet will be shown on specific cases. Last, but not least, it will cover the importance of fluid intake for an athlete.