

Abstract

Title:

The representation of athletic training in the biathlon physical conditioning.

Objectives:

This thesis investigates how the Czech biathlon coaches evaluate the usefulness of athletic methods in the training of biathlon and what is the experience of the Czech elite biathletes with athletic training during their careers. In order to acquire relevant results, the coaches answered a standardized questionnaire and the biathletes underwent an interview.

Methods:

The research uses a standardized anonymous questionnaire made for the biathlon coaches in addition to a half-standardized interview with the members of the Czech national biathlon team.

Results:

The results show that the opinions of the biathlon coaches regarding the usefulness of athletic training in biathlon were positive. This has been clearly shown on the results of the standardized questionnaires where the most used method for speed training were short relays in the form of games and competitions (n=16). Regarding the strength development, the most used methods were: self-weight exercisers (n=16), standing vertical jumps over brackets (n=14), calfs exercise, walking lunges (n=14). Uphill running (n=16) and fartlek run (n=15) are also important for strength development. for the training of dexterity. Exercises such as; an obstacle course (n=14), fast starts from various positions (n=14) and hurdles/seats running are considered to be the best training of dexterity. In respect of the training methods, the development of endurance is the most essential one. The number of repetitions and the overall training time depends on the specific category of biathlon. Last but not least, the results regarding the experience of the Czech professional biathletes show that, except one female respondent, everyone had previous experience with athletic training in their biathlon career.

Keywords: athletics, biathlon, physical conditioning, questionnaire and interview

