

Abstract

Title: Evaluation of the most frequent injuries of marathon runners

Objectives: The main objective of this research is to evaluate the most common injuries in marathon runners. The research is focused on amateur long-distance runners of both sexes from 23 years of age. Another goal is to analyze the possible causes and factors that influence injuries.

Methods: In the diploma thesis, the method of literary research and the method of questioning is used. Theoretical knowledge is drawn from both domestic and foreign literature. Data for analytical evaluation are obtained using a non-standardized questionnaire filled in running races – Libouchecky ultramaraton and Jirkovsky crossmaraton. Total of 156 questionnaires were obtained, 122, of which 61 % were included for analytical evaluation. The IBM SPSS analytics program and Microsoft Excel 2016 is used for data analysis.

Results: Study showed that 61 out of the total 122 runners were injured, which is 50 % of respondents. Of these were 23 women and 38 men. Research confirmed two hypotheses out of five. The statistically significant relationship between the cause of the injury and the sex has been confirmed. It has also been confirmed that the distance runners of both sexes and age categories are most susceptible to knee injury injuries. The most common cause of injuries was poor running technique, improper feet stepping and poor regeneration. The research revealed other potential risk factors for injuries such as terrain, running shoes, runtime experience, and running distance per week. Most injuries were treated with conservative tranquility and only 57.4 % of injuries were part of rehabilitation treatment.

Key words: marathon, run, injuries, causes, prevention, rehabilitation