Annotation

The bachelor thesis deals with the training that is applied in the course of the concentration and how this training for cyclists on mountain and road cycles influences the subsequent comparison of their results, which is done through functional load diagnostics. It also deals with the history and rules of cycling, a description of cycling races and cycling specific sport training.

The work is divided into several parts. The first part deals with the development of road and mountain biking, its history, technical parameters of the bicycle, division of racing disciplines and categories in road and mountain cycling. The second part deals with sports training and sports training components specific to cycling, supercompensation, periodization of sports training and concentration. The third part is research, where the research sample, the course of the tests, the measured values and the results are described.

Keywords

Cycling, road bike, mountain bike, performance, movement abilities, cyclist