TITITLE
Analysis of the dolphin swimmer's four-year training session.

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ABSTRACT
The theme and aim of the work is to analyze the four-year training cycle of a swimmer specializing in bowling discipline. In the theoretical part, the work is devoted to the characteristics of swimming performance, swimming skills, swimming method of butterflies and its history and last but not least to the training process in swimming.

The research part of the thesis deals mainly with the documentation of swimming training. Examiners' training records are recorded, which show the training process from four annual training cycles from 2006 to 2010. The general ones are studied with special indicators and their influence on the observed swimming disciplines. Conclusions could be a guide for trainers in how to change the preparation and thus improve the performance of their wardens.

KEYWORDS
Analysis, swimming, training cycle training indicators, performance, training load, motor skills