

Title

Comparison of a one-year training cycle of two 1500 m runners

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Abstract

The bachelor's work is focused on an observation of a one-year training cycle of two 1500 m runners who are on almost the same level. The work monitors different ways of their preparation which differ primarily in the number of kilometers run, the amount of aerobic and anaerobic load, or the frequency of special pace.

Keywords

runner, training, endurance, run, 1500 m, aerobic, anaerobic, anaerobic threshold