

ABSTRACT

Title: Analysis of the training load and the performance development of the female runner athlete stage of specialized training.

Aims: The main aim of this thesis was the analysis of the training load of female runner athlete sage of specialized training in three preparatory periods 2012-2015. Then compare them to professional literature dealing with given theme, answer research questions and formulate conclusions.

Methods of work: This thesis was created using content analysis method from three preparation periods and the professional literature. For the mutual comparison and comparison with professional literature was used comparative method.

Results: Preparation compare to professional literature have bigger volume of work to the detriment of intense. Training was adequate to age, heading towards performance development and in the area of special preparation does not exceed recommended model characteristics. The biggest reserve is in area of regeneration and speed conditioning.

Key words: training load, performance development, stage of specialized training