

Abstract

Title: Assessment of alternating results from upper-body Wingate test throughout different periods of an annual training cycle.

Aim : Show relation between changes in functional parameters from 30-s Wingate test and changes in selected training indicators in three different periods of an annual training cycle among top flatwater kayakers.

Methods: Casuistical research - we employed a Wingate test adapted for arm cranking in assessment of anaerobic capacity level among flatwater kayakers.

Results: Laboratory test's results show, that changes in functional parameters from 30-s Wingate test doesn't correspond to changes in selected training indicators in different periods of an annual training cycle.. They also show, that top values of an anaerobic capacity were recorded by the top Czech kayaker.

Key words: flatwater canoeing, Wingate test, anaerobic capacity, annual training cycle