

Abstract

Title

The influence of fitness athletic training on the performance in throwing at a given target and throwing for distance.

The aim of study

The aim of this work is to provide and to review the influence of fitness athletic training on the performance in throwing at a given target and distance. 23 members of 312. CBRN battalion were chosen to take part on two competitions in throwing at the given target and throwing for distance. They competed in one discipline of military pentathlon.

Methods

In thesis were used a method of analysis and a method of comparison. The method of analysis was used in each event and the method of comparison in comparing results of the competitions. The method of synthesis is used in the conclusion.

Result

We found out that athletic training has a positive influence on performance in throwing at a given target and throwing for distance.

Keywords

discipline, pentathlon, sport technique, training, performance, training cycle