

## **Abstract**

**Title:** Preparation of downhill mountain biker

**Objectives:** The aim of this work is to extend the knowledge about downhill mountain biking for wider population. At the same time analyse and finding literature of today, approach downhill from the point of training and consecutive modernisation.

**Methods:** This work was made by method of literature research. There were searched two electronic databases: PubMed and Sportdiscus. The same keywords used to searched in all the databases

**Results:** Based on the very small portion of study of scientific literature, it was found that there is not a concrete method of training for downhill mountain bikers. Most of the drivers are inspired by generally known trainings in other cyclists disciplines. Based on scientific studies, the most important skills in downhill mountain biking are specific bike handling and technic precondition.

**Conclusion:** Aim of this work was to introduce topic of downhill mountain biking for wider population. Introduce history and development of downhill mountain biking, briefly present rules of races, characterise downhill from the point of physiology and present training in downhill mountain biking. In the outcome was found that based on scientific literature, the main determinant of performance is technic precondition but is not the only one.

**Keywords:** downhill, mountain bike, sports training