

Abstract

Thema works: Comparison of the annual training cycle in the selected Czech elite women in sprinting

Student: Pavlína Vostatková

Supervisor: Dr. Aleš Kaplan, Ph.D.

Aims: The aim of this study was to analyze the annual training cycle (RTC) in selected Czech elite women sprinters, in which the maximal performance in 100 m run was reached, and to compare the uniform training system and recommendations for sprinters of comparable level of performance with the reality of the training program of selected sprinters. The analysis focused on methodological procedure, application of selected special training indicators (STU), their volume and intensification in various stages of sports training.

Methodology: The content analysis of training diary was used as a method of the thesis, in particular the annual training cycle, in which the sprinters achieved personal maxima in 100 m run. Thus RTC 1996/1997 and 1992/1993 in sprinter P. V. and H. B. were analyzed, respectively. In the training diaries selected general training indicators (OTU) and STU for sprinters in athletics were obtained and reviewed. Model values for the age category of 21-23 sprinters (Moravec, Hlína a kol., 1984) were used in the comparison of selected OTU and STU of the selected sprinters. The model values for the 19-year-old sprinter H. B. were slightly lower in most of the selected parameters compared to the model values of a 21-23 year-old sprinter P. V., nevertheless for the sake of this comparison model values for 21-23 year old sprinters were used. In addition a non-standardized form of a dialogue with sprinter H. B. and coaches of the monitored athletes were used.

Results: Sprinter P. V. achieved higher volumes compared to H. B. only the in acceleration speed and in the development of dynamic force through bouncing exercise. The volumes of selected STU in RTC were in sprinter P. V. lower in all selected parameters compared to the recommended values. Sprinter H. B. exceeded the recommended values in maximum speed, running with load, and in the strengthening with load. The decisive factor was a complex training in terms of preparation and planning taking into account the individual peculiarities of the individual.

Key words: athletics, short runs, sprints, training analysis, OTU, STU, technique, comparison