

ABSTRACT

Title of bachelor thesis: Evaluation of sports training of a non-elite runner on 400 m

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Aim of the thesis: The aim of my work is an evaluation of sports training of a non-elite woman runner on 400 m in a chosen annual training cycle. In this work I describe the development of the non-elite woman runner and evaluate chosen training indicators that influenced her performance the most. I would like to try to account for the decrease of her performance and afterwards to point to the reasons of expansion of her performance during the chosen annual training cycle.

Methodology: I have used content analysis of training documents of the non-elite woman runner who was specialized on the track 400 m to provide answers to the research questions. I mainly evaluate the annual training cycle 2015/16 which was crucial because in this cycle she achieved the highest sports performance of her athletic career by systematic training. I identified and characterized general training indicators and special training indicators from the training documents.

Results of the thesis: In the work there was performed a periodization of the annual training cycle 2015/16, during which there were changes in the volume and intensity of the training load. At monitoring the performance of the runner on the specialized track of 400 m, a progressive growth can be recorded during the monitored period without significant performance declines. The highest performance was achieved at the peak of the 2016 season when the goal of the annual training cycle was fulfilled. In the training documents we recorded in almost all of the periods an appropriate selection of training load during sports training which caused an increase in sports performance. Performance growth of the runner required three years of training out of which the first two years were adaptive and by the third year the performance of the runner started to increase more significantly.

Keywords: athletic training, general training indicators, special training indicators, annual training cycle, short-distance runs, non-elite athletics, content analysis of training documents