ABSTRACT

Title: Analysis of training resources of a Czech recordholder on 2 000 – 5 000 m

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Aims: The main goal of this work is analysis of training resources of professional runner specialized in 2 000 – 5 000 m long distance runs in years of 2013–2015. A partial goal is comparison of special training indicators individually in every year.

Methods of work: Bacalory work is based in method of analysis of training diaries. Diaries were borrowed from RNDr., PaedDR Pavla Červinky, Ph.D. The data obtained were compared with professional literature.

Results: The bachelor's thesis proved that the performance of female runners was influenced by training means, especially in the area of general endurance of the third type and in special endurance.

Key words: training load, female athletes, analysis of the trainign load, Czech record holder