

Abstract

Title: Comparison of training preparation of female speed canoeists in junior and senior age

Objectives: The main goal of the work was to compare and analyze the training preparation of female representatives of speed canoeing in junior and senior age based on literary sources and analysis.

Methods: This is a research type of work collecting data from the training diaries of speed kayakers and methodological publications and analyzing them. There were 5 female kayakers, representatives in junior and senior age. We used quantitative analysis for data collection. Subsequently, we evaluated the results qualitatively.

Results: We managed to compare the values of their diaries with theoretical starting points for all respondents. Some kayakers had a relatively ideal transition from juniors to seniors, while for some, on the contrary, the training volume decreased. For those that did not have a perfect transfer, we managed to figure out the reason why this was so. It was mostly a phenomenon where a kayaker reaches the peak of her career in juniors.

Key words: Female kayakers, sports training, training diary, woman's sports, transfer to the adult category, yearlong training cycle