

## ABSTRACT

**Title:** Using of heart rate monitors in fitness training in soccer

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**Introduction to the problem:** Fitness training is an important part of every sport branch. However, to yield adequate results, it is necessary to continuously monitor and evaluate the records of each training unit. This thesis should provide new information on the evaluation of the effectiveness of the training process using measurable parameters of the load.

**Aim:** To follow up the theoretical basis for measuring heart rate of the Romana Klimovicova thesis. The main aim is alert to the possibility of evaluating the intensity of load in selected training units in pre-term summer and winter for deliberately selected league football team. So will the data gathered from heart rate monitors at selected soccer team and evaluate the effectiveness of these individual workouts with a few selected parameters.

**Methods:** Review of literature relating to the processing of fitness training in sports games and soccer. Recording trainings with heart rate monitors in practice and introduce examples of evaluation of effectiveness of these trainings.

**Results:** The n=19 players of the premier league team participated in measuring, n=12 were recorded load intensity by monitors the brand Suunto T6 and n=7 by monitors Polar 610 and 610i. In this thesis I point out the differences in the evaluation of these two brands and the subsequent possibility of using for findings fitness trainer.

**Keywords:** Fitness training, soccer, intensity and effectiveness of training, EPOC, preparatory period, heart rate monitors.