

## **Abstract**

**Title:** Training and performance swimmers international level in juniors, seniors and masters

### **Objectives:**

The main aim of the thesis is to evaluate swimmers performance and its development during the period of competitive swimming and in the masters category in free style discipline. Particular aims are: to record and evaluate performance and training load in competitive swimming and masters category, to record swimmer's opinion on his/her sport activity and determine his/her sport anamnesis.

### **Methods:**

In our thesis, we have applied a hybrid type of research, in which we have used both quantitative and qualitative investigation of the selected topic. The quantitative part of the thesis was based on studies of documents and interviews. Data obtained was analyzed and interpreted by using descriptive statistics and tabular and graphic visualization. The methods of observations and interviews were used in the qualitative part of the research to explain sport anamnesis of the swimmer. The investigation was carried out in the competition season of 2011/2012.

### **Results:**

Result presented demonstrate that even with a lower volume of training and in spite of aging, it is possible to achieve performance approaching the performance of sport swimmers during their top season. The sport anamnesis of swimmers performance shows that with a purposeful preparation almost stable performance can be maintained from the period of sport swimming through several masters categories. Only moderate and almost linear decline in performance has been recorded. It has been found out that the training regime with three swimming units and three units of dry training prevails. It also has been found out that the competitions act as an important motivation factor for the sport activity. These findings are considered to be significant. The performance of swimmers depends on the individual approach.

**Key words:** swimming, swimming performance, sport anamnesis, the age of starting adulthood to senior adulthood