

Abstract

Performance progression and training for heptathlon

Objectives:

This bachelor thesis deals with my personal performance progression and training in basic and special period of heptathlete training. We will evaluate my own training plans from year 2003 to year 2010.

Tasks:

The aim of this work is to evaluate and to judge my personal performance development. From the analysis of my training plans we want to find out the cause of my early stagnation and decreasing performance in athletic heptathlon.

Methods:

This work uses methods of analysis and comparison.

Results:

We found that the highest performance was when I was fifteen. Early performance stagnation in 2008-2009 was caused by unsystematic training and too week training impulses in view of previous years. The next decrease performance in 2009-2010 was due to low training load and loss of weight.

Keywords: athletic heptathlon, basic and special period of heptathlete training, performance progression, stagnation and decreasing performance