

Abstract

Main purpose of this Diploma's thesis „ Rugby – Training and growth of muscular mass “ is description and analysis of particular training components, used training means and methods for development of well trained in this sport. This thesis investigates particular training components in different periods of one-year training cycle in Czech republic. Her main orientation than concentrates attention on means and methods for development of strength rugby player abilities, growth of muscular mass and transformations in body mass composition.

KEY WORDS

Rugby, muscular mass, strenght, training, body preparation, training cycle