# Abstract

**Title:** Individualization of pre-race microcycle for cross-country skiers

**Objectives:** The aim of the thesis was to estimate the appropriate load of selected competitors before the competition.

**Methods:** The work is conceived as a case study. It is a quantitative research based on measured values obtained from the trainer Ercolina Upper Body Power. We estimated the appropriate load in pre-race microcycle of five elite cross-country skiers.

**Results:** Collected data have prevented the pre-race microcycle to be identical for all competitors. We achieved microcycle individualization for each competitor, which lead to better physical and psychological preparedness.



**Keywords:** cross-country skiing, double poling, load, simulator, heart rate