

## **Abstract**

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**Title:** The views of the runners on the middle and long distance to regeneration in the sport

**Objectives:** The aim of diploma thesis is to detect views of runners on the middle and long distance to regeneration in the sport in terms of their use due to gender and to specialization of runners.

**Methods:** Diploma thesis is divided to two parts – theoretical and practical. Theoretical part is about regeneration in sport and the practical part talks about opinions of runners on the middle and long distance to regeneration in the sport. Compares each methods of regeneration due to gender and to specialization of runners. It was used nonstandard questionnaire, during championship of the Czech republic in athletics (from 18<sup>th</sup> to 19<sup>th</sup> June) in Tábor. Number of 110 runners on the middle and long distance were interviewed. Questionnaire was filled by 91 athletes, 46 men ad 45 women.

**Results:** Research showed that runners realize importance of regeneration in training process. Men are more confident about positive influence of regeneration in performance and also in injury prevention. The most used methods and types of regeration are mechanotherapy, massage (automassage), thermotherapy (sauna, steam bath) and also regeneration by move – stretching excercises, swimming and slow run.

**Keywords:** track and field, run on the middle and long distance, regeneration, opinions, questionnaire