

Abstract

Title: Hobby runners' nutrition during and after a long-distance performance

Objectives: The main aim of the thesis was to find out hobby runners' nutritional strategies during and after long-distance performance. Then to examine their diet from qualitative and quantitative view of points. By laboratory testing find out maximal functional parameters and body composition. Use of mouth rinse of carbohydrate solution during 60 minutes running performance.

Methods: There were used biomedical measurements as body composition, bioelectrical impedance, laboratory spirometric measuring by maximal stress testing. Field trials using sportstesters and mouth rinse of carbohydrate solution during 60 min running performance. Also during the 60 min running performance there was use of Borg's RPE scale to evaluate subjective perceived exertion. Another methods were interview with open questions and online survey.

Results: Hobby runners' nutrition during and after long- distance performance is not in agreement with sports nutrition requirements, especially with requirements to maximize the performance. Nutritional strategies don't meet the conditions to optimize body regeneration and fulfilling energy substrates. The positive effect of 8% carbohydrate solution mouth rinse on 60 min running performance was confirmed by all tested runners. Responses of hobby runners in online survey are showing that they use inadequate information about nutrition.

Keywords: hobby runners, nutrition, sports nutrition, carbohydrate solution, performance