

Abstract

The main topic of this thesis is to map and assess the impact of CrossFit workout on rowers performance. Next is comparison of rowers who practice CrossFit workout and who not, and both fitness and the technical side. In the theoretical part is mentioned characteristics of rowing, rowing disciplines, categories, rowing tracks and means of rowers. Other chapters deal with plyometric training, CrossFit and sports training. There are mentioned means of CrossFit workout and exercises suitable for rowers. The practical part characterized rowers which are monitored and compared, followed by a comparison and evaluation of the results.

Key words

Rowing, rower, CrossFit, workout, ergometer, strength, condition, technique