

Summary

Title: Analysis of youth girls' training indicators in cross country skiing and biathlon.

Aim of work: This thesis is focused on analyzing and comparing of training indicators of youth girls in cross country skiing and biathlon.

It monitors a proportion of training means during year training cycle's seasons. Furthermore it is focused on training indicators and their importance in the performance.

Method: For analysis of year training cycle we used a training indicator data of ten biathlons and thirteen cross country skiers. All of those girls were youths (15-18 years) split into two groups of younger and older.

The competition results were realized from Final Point Lists of seasons 2004/2005 and 2005/2006.

Findings: They explain a usage of training means in year training cycle; compare data of training indicators in cross country skiing and biathlon and show influence of those data in the performance.

Keywords: cross country skiing, biathlon, sport training, biological growing up, and talents' selecting