

ABSTRACT

Title: Comparison of effectiveness One Skate (V2) and Offset (V1) in cross country skiing.

Objectives: The aim of my work is to compare two skiing techniques, One skate (V2) and Offset (V1) on the basis of driving efficiency in these skating methods.

Methods: Work is treated as a case study. This is a quantitative research performed on the basis of comparison of load time and heart rate values during skating at six probands of different age groups. The values measured when driving with two types of skating were compared on three types of climbing. We also used the method of document analysis and interview.

Results: By measuring the load time and heart rate values, the difference between One Skate (V2) and Offset (V1) was found. When processing the results, we have come to the conclusion that One Skate (V2) is more effective in a moderate climb in all three categories and in the middle climb only for juniors and men. In a steep climb, the Offset (V1) proved to be more effective in all three categories.

Keywords: cross-country skiing, skating, load time, heart rate

