

## **ABSTRACT**

**Title:** Running training of triathlete

**Student:** Martin Řehák

**Supervisor:** PhDr. Aleš Kaplan, Ph.D.

**Aims:** The aim of this bachelor thesis is to study the professional publications, training documents, methodological texts and subsequent preparation of scoping study about the topic running training of triathlete.

**Methodology:** The creation of this bachelor thesis was used scoping study, which was created based on analysis of the available professional literature, training documents and articles from many information sources including scientific electronic bibliographic databases.

**Results:** Study more than forty different literary sources and creating this final work with shape of scoping study is a comprehensive text, summarizing the scattered information on the topic running training of triathlete, from which it follows that in a methodical concept do not differ a preview of the running training by the authors of older publications and contemporary authors, who profess modern approaches. Also showed that inexpert and free accessible training plans from internet sources are useless for use in the practice training of amateur athletes.

**Key words:** Triathlon, running, running training, technique of running, diagnostics analysis of running, triathlon training, sport training, performance diagnostics, running shoes