Abstract

Title: Use of the cold water regeneration in swimming training.

Objectives: The aim of the thesis is to find out whether the cold water regeneration is used in training process by swimming clubs of the Czech Republic.

Methods: The research was implemented through the questionnaire method. The data collection was carried out within the Czech Republic's swimming clubs registered under the Czech Association of Swimming Sports. The mathematical - statistical method was used to process acquired data. Visual and tabular representations were used to facilitate their visual analysis and overall assessment.

Results: The results of the questionnaire method indicated how the cold water regeneration is used by swimming clubs of the Czech Republic. It has been found that swimming coaches in the Czech Republic use cold water regeneration to a minimum. It has been confirmed that the reason is low awareness of the regeneration method. Another reason was the inadequacy of the demonstrable effects of a given regeneration method for swimming. The noticeable value of the results was reduced by low returns of the questionnaires.

Keywords: Swimming training, recovery, cold water, regeneration.