

Summary

Title: Characteristic of new strength building method for the development of dominant groups of muscles for sprint

The object of this work is the basic characteristic of plyometric strength building method using new flywheel trainers, which are intended for the development of dominant groups of muscles for sprint.

The research is based on the input testing of the research file of sprinters, the insertion of the twelve-week strength building cycle into the training and followed by output testing.

The results of the research pre-evaluate the influence of the method on the development of power potential of these groups of muscles, the benefit for the increase of sprint and jump capacity of the research file and give the summary of knowledge from the strength building cycle.

Keywords: methods of the strength development, plyometric strength building, testing, measure of the dynamic strength, jump capacity, sprint capacity