

ABSTRACT:

Objective: Training and abilities of two junior athletes

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The aim of the work:

The aim of the work was to determine the level of performance of selected members of the training group, namely two juniors. To analyze the structure and content of their training, their performance in selected tests, and performance development in their main disciplines.

Methodology:

The analysis of the competitive results from 2012 to 2017 was used to analyze the performance of the individual seasons. I also analyzed the training records, where general and special training indicators were evaluated and compared with the results of similar analyzes of other athletes. I will also analyze the three measurements we have completed with the whole training group.

Conclusion:

The result shows that the training load in selected athletes, either according to literature or in comparison with other athletes, is insufficient in both individuals. After evaluating testing, I concluded that the test types were wrongly selected. This work has confirmed the importance of keeping track of the training records.

Keywords:

athletics, juniors, general training indicators, special training indicators, annual training cycle, 800 m run, 1500 m run, 400 m hurdles run