

## **Abstract**

**Title:** The inclusion of high altitude training for attendance in alpine skiing races

**Objectives:** The purpose of this Bachelor thesis was on the grounds of collected information determine, if the training in hypoxic area is needed for attendance in alpine skiing disciplines.

**Methods:** In this Bachelor thesis was used the method of documents analysis, then searching in electronic database was used. Next method was collecting information from schedule of every single alpine discipline races.

**Results:** Results of thesis are, that necessity of inclusion hypoxic training is different for each discipline. We may say, that high altitude training is needed for downhill and super G specialists, whose performance is very often longer than 90 seconds, which is the border known as very important for inclusion of high altitude training. Hypoxic training for technical disciplines is not necessary in view of the fact that races in slalom and giant slalom didn't cross the border of 90 seconds even once.

Altitude of single races gives us similar results. Races of downhill and super G take place very often in 2000 meters above sea level - 33 races of 45 in super G and 31 of 56 in downhill. 2000 meters above sea level is the decisive border for high altitude training inclusion. Races of technical disciplines take place above 2000 meters less often – 15 races of 94 in slalom and 22 of 81 in giant slalom.

**Keywords:** altitude, alpine skiing, training, race