

## **Abstract**

This work is focused on compensation of missing air resistance while running on a treadmill. The aim is to find the possibilities of compensation and its verification by a slight inclination of the treadmill. For the verification, we used the heart rate values of (6) probands obtained while running on a treadmill with different grade and while outdoor running at the same speed. The output of this thesis is the determination of the treadmill grade compensation at speed of 10,5 km/h and 13,5 km/h.