

## **Abstract**

### **Title:**

The Methods Of Training In High-Altitude Conditions

### **Aim:**

The aim of the study was to summarize published information on the issue of training methods in high mountain conditions and to determine whether the current use of methods can positively affect the performance of athletes. It includes findings from the history and current use of methods to achieve adaptive changes in the body.

### **Methods:**

The method used in the bachelor thesis was document analysis and electronic database search.

### **Results:**

We found that high-altitude training in both natural and artificial conditions improves oxygen transfer, red blood cell volume and maximal oxygen consumption  $VO_{2max}$ . Thus, it can positively influence the performance of athletes when certain factors associated with hypoxic training are respected. We have also found that there is a considerable amount of scientific literature on the subject, which continues to grow, but the evidence is by no means conclusive.

### **Keywords:**

Hypoxic training, altitude, performance, adaptation, acclimatization