

## **Abstract**

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**Title:** Selected aspects of sports training in winter swimming

**Objectives:** The aim of this thesis is to collect available information on aspects of sports training in winter swimming, to focus on the specifics and details of training parameters of a selected group of winter swimmers.

**Methods:** The research was conducted on the basis of a non-standardized quantitative questionnaire. Microsoft Excel was used for graphical processing. All data from Google Forms, which were used to create the questionnaire, were transferred to Excel. The questionnaire was sent to the Facebook group of the 1. PKO Praha v Braníku. The research sample consisted of adult males and females who are members of the 1. PKO Praha v Braníku.

**Results:** The results of the questionnaire survey showed us both agreements and disagreements between theoretical assumptions and practical ones. Often winter swimmers do not follow the recommended practices in the literature and internet sources and have their own. The survey shows that the largest age group involved in winter swimming are people between the age 40-50 and have been involved in winter swimming for 1-5 years. The most common reason for starting winter swimming is curiosity, followed by family or friends. Almost all respondents in the questionnaire survey stated that they observed health benefits after starting swimming in cold water. The questionnaire confirmed Hypothesis 1 "We hypothesize that more than half of the swimmers do winter swimming at the level of a hobby sport done for fun rather than at the level of competition." Hypothesis 2 "We hypothesize that more than half of the respondents will have different pre and post-race practices compared to a race training unit." was not confirmed based on two questions in the survey. The same was true for hypothesis 3 "We predict that most respondents will spend around 20 minutes per week in cold water."

**Keyword:** winter swimming, history of winter swimming, competition in winter swimming, rules of winter swimming, sport preparation of swimmers