

Abstract

Title: Specifics of sport training of canoe marathon athletes

Objectives: The main goal of this work is to characterize the specifics of sports training in canoe marathon courses.

Methods: In our work we used the method of analysis and the method of questionnaire survey. We used the questionnaire survey method to obtain the results. The method of analysis was applied in the analysis of the main specifics of marathon training. The questions in the questionnaire survey are open, semi-closed and closed.

Results: The main specifics of sport training of canoe marathon athletes that are based on the results from this study include riding in a group and on a wave, changes of pace with high acceleration or deceleration and consequently the ability to recover during the race, boat runs, turnarounds, certain tactics, high mileage and hours spent training. 91.9 % of marathon paddlers train more than 13 hours and 44.6 % even more than 16 hours per week in the preparation period. In the competition period, 74.3 % of athletes train 13 or more per week. In one annual macrocycle, 85.1 % of athletes paddle more than 3000 km, 45.9 % of athletes get over 4000 km and 21.6 % even cross the 5000 km mark. It was found that 55.4 % of respondents engage in less than 3 hours of weight training per week and 40.5 % include weight training between 3 and 5 hours per week.

In their training plans, 95.5 % of athletes include training for changes of pace, riding in a group and on a wave, 83.8 % of athletes deals marathon tactics. Portage training, which is practiced by 95.9 % of respondents, is part of the tactics.

Keywords: canoe sprint, marathon, sport training, endurance