ABSTRACT

Title: Comparison of the Czech and Norwegian models of training preparation of national men's rowing teams

Aims: To create an inspiring source of information for coaches and competitors based on the differences between the Norwegian and Czech models of sports training in rowing. This study should give coaches and athletes insight into the current sports training of the world's best rowers and provide a model for creating training plans.

Methods: The present study is a comparative review aimed at mapping and comparing some of the performance factors in rowing. The research data is a record of training models of the Norwegian and Czech national men's rowing teams. In order to explore the given question, it was necessary to study a large number of different sources and professional publications that could be traced and studied in available databases and libraries, as well as records of racing teams and coaches working in the field of professional sport. The Norwegian and Czech training models are compared based on chosen parameters. The parameters of comparison are the number of training intensity zones used by each team and the difference in the percentage of training intensity zones per annual training cycle. The following attribute observed was the annual training volumes. Last but not least, other recorded parameters for each team were also addressed in this thesis, aiming at a more detailed analysis and planning of the training program. The results section was processed using the statistical data analysis method.

Results: The study showed a different distribution of intensity zones for the Czech and Norwegian rowing teams. According to the available data, the Czech national team has fewer training zones as well as main recorded values. The percentage difference in the representation of training intensity zones per RTC differs. The annual training volume is higher in terms of hourly training load for the Czech national team

compared to the Norwegian team. Furthermore, the obtained material shows that the Czech rowing team uses more parameters to evaluate and determine training.