

ABSTRACT

Author: Kristýna Pikalová

Title: A systematic review of the literature on the 800 m running discipline in athletics

Supervisor: odb.as. Aleš Kaplan

Aims: The present paper presents a systematic review of the czech and slovak literature investigating issues associated with training and preparation for 800m run. Having reviewed such issues, this paper also offers an insight into how runners can develop specific endurance for 800m runs.

Method: The present paper attempted to gather and analyse all available literature on preparation and training for 800m runs. Furthermore, literary search was conducted to find all information relating to preparation and training for 800m runs.

Results: This paper created an overview of all available thesis on the problems associated with training and preparation for 800m. This systematic review included 41 papers which were divided into clearly organised tables. Additionally, a brief overview of factors that influence performance of athletes in 800m runs was created. Finally, a critical evaluation of the papers included in the present work was conducted with the aim to give recommendations for future training practice of 800m based on notions on which profesional publications included in this review agreed.

Key words: athletics, sports training, middle distance running, 800 m run, specific endurance