

## **Abstract**

**Title:** Assessment of training and performance development of the athlete

**Objectives:** The aim of this study was to analyze and evaluate the performance development of a sprinter who switched to athletics from another sport at the age of 17. The work focuses on the analysis of sports preparation, the evaluation of performance development in the athletic disciplines of 60 m and 100 m and the identification of key factors influencing his sports success.

**Methods:** The study used the method of content analysis of training diaries from the RTC, in which the assessed sprinter achieved a personal best in the 100 m run. This is the RTC 2012/2013. General training indicators and special training indicators for sprints in athletics were obtained from the training diaries and subsequently evaluated. These training indicators were compared with the recommended values for the male category according to Kampmiller et al., (2002).

**Results:** The analysis of the training diaries showed that the monitored sprinter P. B. exceeded the recommended values for the volume of strengthening with equipment and several times also for rebounding exercises. It shows comparable values with the recommended ones for maximum speed volume, speed endurance and special running exercises. We record a significantly lower volume in the case of acceleration speed, where the detected load volume reaches only a third of the recommended value. The analyzed values show that the decisive factor is comprehensive preparation and planning with regard to the individual characteristics of the individual.

**Keywords:** athletics, sports training, sports performance, speed, sprint