

Abstract

Title: Assessment of training and performance development of the athlete

Objectives: The aim of this study is 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 YTC, in which the assessed sprinter achieved a personal best in the 100 m run. This is YTC 2012/2013. The previous YTC 2011/2012 was also evaluated as part of the analysis. 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) and the values found in other athletes in individual studies.

Results: The analysis of the training diaries showed that the monitored sprinter P. B. exceeded the recommended values for the volume of strengthening with loads and several times also for rebounding exercises. As part of the comparison with other studies, the observed sprinter also achieved higher values. It shows comparable values with the recommended and also other studies for the volume of maximum speed, speed endurance and special running exercises. We note a significantly lower volume in the case of acceleration speed, where the detected load volume reaches only a third of the recommended value, and the volume is also lower compared to some studies. 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, sprinting, content analysis