

## **Abstract**

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**Title:** Strength training for the development of acceleration

**Objectives:** The aim of my thesis is to create a review of literature and studies in the field of acceleration development through strength training. In the practical part, my aim will be to select appropriate strength exercises and to develop a training plan within the training cycle.

**Methods:** Literature search

**Results:** **Theoretical** backgrounds related to acceleration and strength training were analyzed based on the literature. The results of the literature search and several studies confirmed that strength training has a positive effect on the development of acceleration. Furthermore, nine strength exercises were included in the training plan that may be suitable for application in training practice.

**Keywords:** strength training, sprinting, maximal strength, explosive strength, acceleration, power

