

Abstract

Title: Types of resistance training and their effect on sprint speed

Objectives: The aim of this bachelor thesis is to describe the effects of the most commonly used resistance training methods on sprint speed development. The main objective is to find quality research on running resistance training using keywords. This search evaluation will then serve to possible future practical extensions of this thesis.

Methods: In this thesis, the elementary methods of theoretical work, i.e., compilation, analysis and synthesis method, were used. These are described in more detail in the Methodology chapter.

Results: The output is a research work evaluating the most commonly used methods of running resistance training and its effects on speed and technique of the sport.

Keywords: Resisted Sprint, Optimal Load, Sled Towing, Resisted Sprint Training, Weighted Vests