

Abstract

Title: Comparison of Dryland Training for Sprinter and Distance Swimmer

Complained by: Michaela Lipavská

Supervisor: Mgr. Aleš Zenáhlík

Objectives: The main objective of this thesis is to analyze the dryland training of a sprinter swimmer and a distance swimmer. Another goal is to compare them, focusing on the differences in the number of training sessions and their focus throughout the season, as well as the comparison of the ratio between dryland training and water training.

Methods: In this thesis I used the method of analysis and the method of comparison. I applied the method of analysis in the examination of individual training diaries and the method of comparison in comparing the ratio between dryland training and water training for both swimmers, and identifying differences in the frequency and focus of individual training sessions.

Results: This thesis found that sprinters and distance swimmers have significantly different approaches to dryland training. Sprinters focus on intensive strength training and dynamically adjust their training to seasonal peaks and competition periods. In contrast, distance swimmers maintain a consistent development of all key abilities throughout the year. The ratio between dryland training and water training is more balanced for sprinters, while distance swimmers focus more on water training.

Keywords: swimming, sports training, physical abilities, swimming training, phases of swimming training