

Title:

Evaluation of efficiency at the level of anaerobic threshold in swimming and running of young triathlons in phase 2000 – 2009

Aim:

To evaluate changes in individual efficiency at the level of anaerobic threshold in swimming and running of junior triathlons in phase 2001 – 2009 and to compare the average efficiency at the level of anaerobic threshold in running and swimming of junior triathlons

1994 – 2000 and 2001 – 2009.

Methods:

Lactate anaerobic threshold has been set for swimming and running in cross-country conditions by the help of evaluation of the lactate curve. Cross-country tests 5 x 2km run and 4 x 300m swimming have been used for finding of anaerobic threshold. The results of anaerobic threshold measurement in swimming are processed by Laboratory of sport FTVS at the Charles University in personal computer software Laktat – Test Ver. 6.0 + by ETB – SOFT use. Its author is Mr. Ernst Böck from Austria. The parameters at the level of anaerobic threshold have been statistically processed.

Results:

Results of the thesis should contribute to the extension of the knowledge about the efficiency changes at the level of anaerobic threshold of triathlons in running and swimming. All this during specialized sport preparation. Recognized results and findings will be useful especially for trainers who are preparing future top sportsmen in triathlon and similar multicontests.

Key words:

Anaerobic threshold, lactate, efficiency, triathlon