

Abstract

Title:

Possibilities of evaluation physical interventions for women younger than 23 years

Objectives:

The aim is to find out what training is preparing a selected team of women to 23 years in the rowing club and did what other possibilities of physical activity using a group of women in terms of mode, intensity and time.

Methods:

The main method is observation and questionnaire to obtain additional information.

Results:

Oarswoman systematically train 5 days a week. The rowing program is divided into the season on the water, winter training and the time when oarswoman do not train. Season the water lasts seven months, winter preparation of 3, 5 months, 1 month oarswoman and do not train on average 2-3 weeks are transient. Group average, coached by specific means 315 hours per year and drives at least 2520 km. Non-specific funds are included in a total of 336 hours per week in training in the form of running, weight lifting, swimming, yoga and stretching program HEAT and riding an exercise bike spinning. Oarswoman do not train approximately 80 days of the season.

Keywords:

Rowing, non-specific activity, specific activity, training, U23, women.