

## Title

The condition preparations for military climb instructors for climbing performance.

## Aim of diploma thesis

The aim of this thesis is to suggest a mostly optimized training plan for military limb instructors with a view to the progressive rise of their efficiency on the basis of approachable literature study and interview with limb instructors.

## Method

This diploma thesis is a pilot study using inquiry. It arose in conjunctions with military instructors and limb trainers. Military limb instructors, military limb head instructors (person granting instructors license) and air rescuers, both from Army of the Czech Republic and Fire Rescue Brigade of the Czech Republic, and also head limb instructors from Fire Rescue Brigade of the Czech Republic were required to participate. The informants were selected in accordance with their qualification.

## Keywords

Military limb, special bodily preparation, condition, persistence, strength, stress.