

ABSTRACT

Topic of the thesis:

Military Pentathlon Sports Training in cross-country running and its specification

The aim of the thesis:

The analysis of a sportsman's movements in cross-country running and the description of crucial determinants for his performance.

Methods:

Study overview

Results of the thesis:

The result of this thesis is a descriptive analysis of cross-country running, determination of external and internal factors affecting an athlete's performance and description of an ideal somatotype of cross-country runner in Military Pentathlon.

Key words:

cross-country running, performance structure, endurance, sport training