

# **Abstract**

## **Title of work**

Comparison of the loading rate in various types of swimming with load.

## **Work objective**

Comparison of physical intensity in selected types of swimming with load used in the ACR. The level of physical intensity was determined on the basis of measured heart rate at different styles of swimming with load.

## **Used methods**

The method used in this work was quantitative research with the observation of how the organism responds to the stress. There were 4 people tested. The measurement was performed in the pool with a counterflow, in the facility FLUM (UK FTVS), at a speed of 0,72 m/s. The load size was detected on the basis of heart rate, measured by sporttester.

## **Results**

The results show physical intensity at different styles of swimming with load. The results compare the difference between swimming with load by pulling and pushing in four types of swimming.

## **Keywords**

Military swimming, swimming with load, swimming in clothes, comparison of strain.