

ABSTRACT

Title: Javelin thrower's training – self-assessment of performance development and training

Aim: Assessment of my career, development of performance and evaluation of training in each stage of development.

Methods: Research of specialized literature, retrospective analysis of performance tables, training records and interviews with coaches. Description and comparison of training strategies in each stage of development.

Results: I have been a competing athlete since 1993. I threw 55.79 m at the age of 15. I surpassed the 70 meter mark after four years of training. I reached the finals of the World Junior Championship. Then, after repeated injuries, I decided to quit athletics. While studying at the university I started training again. After a year Jan Železný became my coach and within two years I reached the finals of the Olympic Games in Beijing. This gave me a new impulse to continue high level training.

My basic general training was led by coach Lípa. The positive aspect of this stage of training was that I received a very good general performance base, Mr Lípa gave me a very good running and sprinting base and I benefit from this even today. Insufficient and uneven development of muscle strength was the downside of this stage.

Specialized training was led by coach Jaroslav Halva. The positive contribution to my performance was the technique, but there were too many attempts at maximum intensity for which my body was not sufficiently prepared. Repeated elbow injuries followed.

My return to training and competing was motivated by my choice of college (FTVS UK) and coach Remigius Machura.

My top level training has been led by Jan Železný, who has much personal experience with javelin throw and is a great manager of training opportunities. During the eight years of our cooperation we managed to make use of much of my performance potential. However, I believe there is still room for improvement.

Key words: athletics, javelin throw, development of performance, training, performance