

Abstract

Title: Analysis of the sports preparation of top sprint canoeists for the Olympic Games in Athens 2004 and Tokyo 2021

Objectives: The main goal of the work was to describe and compare the sports training of top sprint canoeists in the four-year Olympic cycle from the Olympic Games in Athens 2004 and Tokyo 2021, based on the analysis of training diaries.

Methods: This is a research paper that uses a training diaries and controlled interviews with respondents to collect and analyze data from sprint canoeists. It involved 2 professional canoeists in senior age, their two coaches and a former senior senior professional canoeist. We used quantitative analysis for data collection. Subsequently, we evaluated the results qualitatively.

Results: We were able to characterize the four-year Olympic cycle and compare the values from the competitors from the training diaries. Using controlled interviews with respondents, we found out the peculiarities associated with sports training in the Olympic cycle. The research question was answered on the basis of determining the exact differences in the values of training indicators in the monitored OH cycles.

Key words: Canoeists, sports training, Olympic Games, training diary, Olympics, annual training cycle, Tokyo 2021, Athens 2004, Olympic cycle