

# CZECH TRIATHLON ASSOCIATION YOUTH SPORTS CENTERS - PHYSIOLOGICAL PROFILE OF ATHLETES

R. SLABA, J. SUCHÝ

Faculty of P.E. and Sports in Prague, Czech Republic

The aim of this investigation was to characterize the anthropometrical parameters (age, BC, etc.) and physiological profile of athletes that were organised to Czech Triathlon Association Youth Sports Centers in the years 2001 – 2002. They were investigated longitudinally by the Faculty of P.E. and Sports in Prague. For the testing was use the tread mill and increasing maximal test. The 36 men (mean age =  $17.4 \pm 1.5$  years, height =  $180.6 \pm 6.6$  cm, body mass =  $69.0 \pm 8.0$  kg, body fat =  $9.7 \pm 1.43$ ) and 21 females ( $17.0 \pm 1.6$ ;  $167.5 \pm 6.1$ ;  $57.6 \pm 6.6$ ;  $13.3 \pm 2.7$ ) were evaluated. These subjects were assessed in the laboratory and in the years 2001-2002. The subjects were evaluated according to age and gender. The mean values of assessed variables are following:

	Boys	Girls
Speed ( $\text{km.h}^{-1}$ )	$19.0 \pm 0.9$	$16.5 \pm 0.9$
$\text{VO}_2\text{max.kg}^{-1}$ (ml)	$70.9 \pm 3.9$	$61.0 \pm 6.4$
Ventilating ( $\text{l.min}^{-1}$ )	$123.5 \pm 12.9$	$90.5 \pm 8.9$
HR ( $\text{n.min}^{-1}$ )	$197 \pm 10.9$	$196 \pm 7.3$

**Key words:** Endurance, triathlon, youth sports centers, laboratory tests