CYCLING TRAINING OF TRIATHLETES

Abstract

As the population of multisports continues to grow there is also a growing demand for the better strategic and practical time adjustment and training incorporation into a busy way of life. One cannot ignore the fact that it takes a lot of time for the correct training to complete triathlon and that this is the exact reason why many active people, trapped by the daily routine, do not support this sport. A lot of time and knowledge of the correct planning and programming of the training is a must. Therefore, this paper will deal with the basics which will make it easier to plan and programme the cycling segment for the triathletes.

Key-words: *athletics, triathlon, training, programming*