

---

## FUNCTIONAL CHANGES IN TRAINING PROCES OF TOP-LEVEL SPORTSMEN

### **Summary**

*Improving and developing of functional and motor abilities through training process is possible depending of final wanted state. Achieving wanted level of particular abilities depend of material possibilities and whole potential of the sportsman. Importance of choosing training resources for development functional abilities is obvious, but precise monitoring of changes is maybe more important. The monitoring of training process especially in high level sport has priority and it is a primary obligation for science and practice. The goal of this article is to confirm some suppositions (hypothesis) which exist or will be existing in sport practice.*

**Key words:** *aerobic abilities, relations, training process, sportsmen*

---