**Thesis draft**

**Title:** Diurnal variation in team sports: how to minimalize difference between morning and evening performance

**Type of the study:** longitudinal study; 8-12 weeks experimental programme; randomized controlled study

**Participants:** team sports athletes (football, basketball, handball, etc); 20-40 participants, male or female (better female)

**Measurements:** body composition, fitness, repeated sprint abilities, aerobic and anaerobic capacity, etc (to be negotiated with candidate(s))

**Instruments:** Tanita BC540; Opto jump, Polar or GPS tracker, Cosmed or similar, Monark ergometer, etc.

**Procedure:** It is well known that diurnal variation of performance exist in athletes; however effective strategy to minimalize variation is not well documented. We will divide athletes in two groups, group A who will permanently train in the morning and group B who will train in the evening. After experimental programme we will compare their performance during morning and evening to identify is time specific training suitable to minimalize diurnal performance.