

Thesis draft

- Title:** Diurnal variation in team sports: how to minimize 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 minimize 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 minimize diurnal performance.