



## METHODS OF RUNNING FOR LONG DISTANCES

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### Abstract

The impact of running economy on elite distance running performance has been studied. Differences between study populations in running economy are caused by the following training model characteristics: the total number of strength training sessions, the number of resistance training sessions, the variety of strength training methods and exercises and the strength training period length.

**Keywords:** strength training, experiment, cardiovascular system, musculoskeletal system.

### Introduction

One of the most important tasks of modern education is the upbringing of a healthy person, a fully developed personality. One of the most important conditions for solving this problem is the development of student sports. This area of social activity can be divided into three major areas. First, student sports are a source for high-performance sports, second, they are a way to promote the culture of sports to the masses, and third, they are also a way to promote the basics of a healthy lifestyle among students.

The role of student sports in the training of athletes is also important. Attention to improving the achievements of mass sports the fight against shortcomings in the training of athletes at this stage, the stage of students, and especially long-distance runners can give great results for high-performance sports.

It is known that running at a distance requires maximum endurance abilities. Improving endurance is a complex and complex process in which the development of this quality cannot be carried out in isolation from strength training.

After analyzing the theory and practice of University physical training, we came to the conclusion that the training of runners is not given due attention. The main methodological developments are designed for Junior athletes and athletes with sports categories. In other words, the average level of training of athletes studying in higher educational institutions who do not have basic General sports special training has been missed.





It is necessary to teach the technique of proper running. Proper running technique helps not only to avoid injuries to joints and tendons, but also to spend the body's resources more efficiently. At the same time, it is necessary to observe the correct trajectory of movement not only for athletes, because incorrect positioning of the legs can affect the health of the joints even with minor loads.

The technique of long-distance running has a feature that consists in relaxing the muscles of the legs and shoulder girdle. This is necessary so that the body can withstand heavy loads without losing running speed. Relaxation of the legs occurs alternately at the moment of bringing the lower leg forward after pushing. The hands rest when placing the support leg on the ground. The shoulders drop a little at this point.

The foot is placed on the ground so that when touching the ground, the heel is almost perpendicular to the knee. Setting the foot on the ground depends on the speed of running and the length of the step. A middle-distance runner puts his foot on the ground initially with the outer edge of the front of the foot, and then touches the ground with the entire foot. As the distance lengthens, the runner puts his foot flatter on the ground. Rolling the foot from heel to toe is impractical.

Very often in the University program, track and field training is developed with an orientation to the age characteristics of students without taking into account individual characteristics. This causes overloads due to special training for competitive activities. This is also a risk factor for the student's health.

When passing standards by students, physical education teachers faced the problem of passing cross-country standards. Out of 100% of 1st year students, about 15% got off at half the distance, the cause of leg muscle pain, lack of air, dizziness, etc. 30%-35% did not meet the required standard.

When studying these results, it was found that most students do not have sufficient physical endurance. It is impossible to develop endurance with one-time weekly physical training sessions. It is necessary to train students to independent daily activities. Train students to self-control their body when performing physical activities. Teach the student to gradually increase the level of loads during physical education, from light to heavy, from simple to complex.

## **Materials and Methods**

If a student already has special training, has studied at a specialized sports school, and has experience running medium and long distances, then this risk is minimal, since there is experience in General physical training. Moreover, these methods should be designed for a year-round course and adapted to the conditions of the University.





In order to develop such a method, we conducted a preliminary experiment on the basis of the Almyk branch of nust MISIS. The study was conducted with the involvement of students of our University as test subjects. A total of 40 people were examined. Among them, 25 boys and 15 girls in the age group of 18-23 years. Quantitative indicators of performance of endurance exercises, as well as running at a distance of 3000 m, 5000 m were taken as indicators.

In the experiment, we made measurements of biometric indicators:

- cardiovascular system-pulse at rest and pulse during exercise, blood pressure at rest and after exercise, and during exercise;
- respiratory system – the rate of breathing before and during the exercise.

The subjects were divided into groups, one of which was a control group. It was trained according to traditional methods used in the curriculum of universities, with a focus on age-related features without taking into account individual features, the group also used the exercises in static-dynamic mode. This was done to reduce the load on the musculoskeletal system and optimize muscle endurance with a certain localization.

A specialized technique was developed for the experimental group. Its peculiarity is that it is individually oriented, and is based on increasing attention to the running technique, when performing all the same exercises.

The experiment lasted for one semester and showed positive results. In the experimental group, the vast majority of subjects measured indicators of physical development and the state of body systems showed positive dynamics. The results also showed that the indicators of recovery of the athletes' body after heavy physical exertion improved. This indicates an improvement in the adaptive abilities of the body.

A method of self-study for students has been created and it is calculated that by the end of the 1st year, the student will be fully ready to pass the standard for cross-country running.

A scheme of stages has been developed, which shows what criteria students should achieve by following the guidelines. The first stage is designed for 3-4 months, for the development of the cardiovascular and respiratory systems. Accustoming the body to daily physical exercises, as well as to running exercises.

The running distance must be accessible, but not less than 1000 meters. The performance should be even, but with a daily increase in the distance by 50 meters. Special physical exercises were also recommended: running for 30 seconds on the spot, with an intense load of 75%, squatting with your arms extended forward, also 30





seconds, from the stand position, crouching, lying down, and crouching to the starting position. Rest 30 seconds between exercises

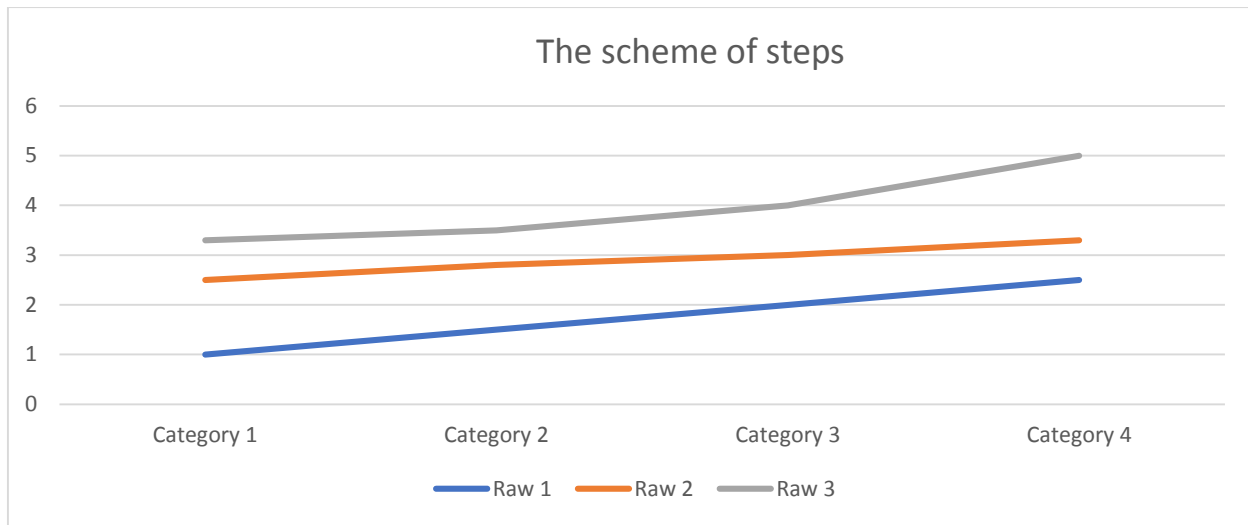


Figure 1.

At the second stage, during 4-5 months, there is a further increase in the volume of physical activity. The running distance increases by 1% compared to the previous session. We recommend the repetition method, when the main distance is divided into five equal parts, which are run with an intensity of 65%. Stay in well-being between repetitions.

Prep-the transition stage is designed for six months, designed for the transition from aerobic to anaerobic capabilities of the body. A uniform and repeated method is used. The load increases – 20 seconds of fast execution and 10 seconds of maximum execution. In running exercises, the interval-repeat method is used. For example, five times four hundred meters with an intensity of up to 70%. At the end of the stage, the load increases to eight repetitions.

The task of the last stage is to prepare for the delivery of the standard. At this stage, all the above-mentioned methods of running training are practiced, and from the second stage, a variable method of developing endurance is used, that is, for example, the main distance is divided into several segments, but each segment is increased by 50 meters. One segment is run at almost maximum speed, and the next at a slower speed. This method promotes the development of anaerobic abilities of the body. It is necessary not to stop performing a series of different exercises, but only to change their order.

## Result and Discussion

The result of this experiment showed that students who followed the above guidelines successfully passed the standard for cross-country running.





Sometimes there are difficulties in methodically correct setting of classes, due to the fact that the level of preparation of students is too different and it is necessary to apply an individual approach to each student.

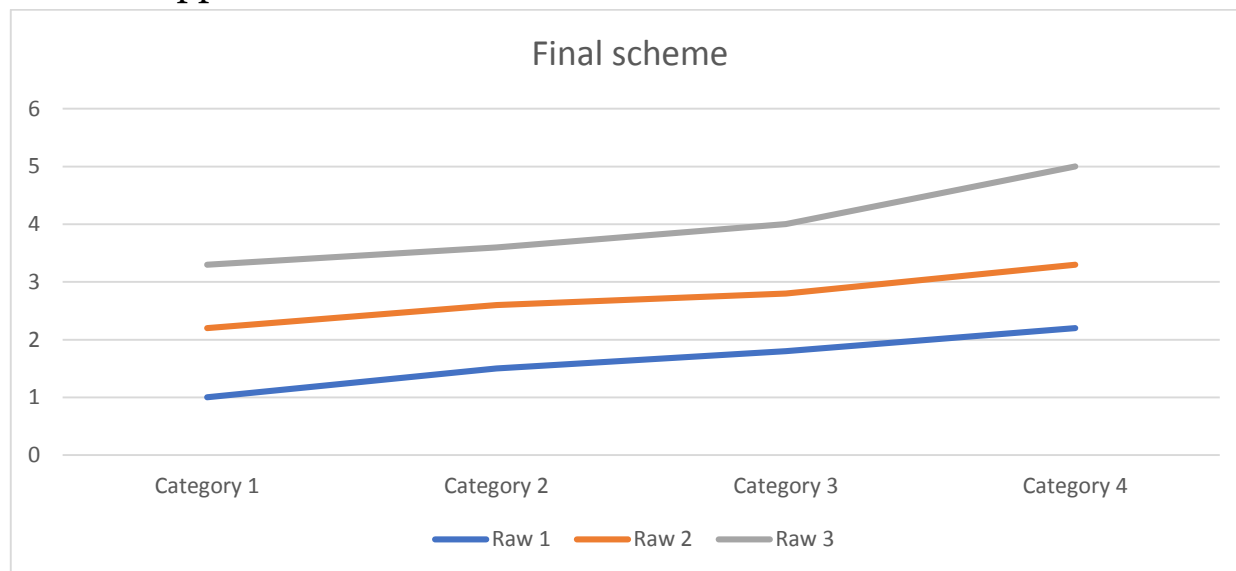


Figure 2.

Based on this, we can conclude that the new method of track and field training has a more gentle effect on the body of young athletes who do not have special sports skills, does not harm their health, and at the same time has a positive effect on their physical fitness and athletic performance. If you use mainly running in an aerobic mode during running training, it improves the performance of the cardiovascular system, and the use of strength exercises allows you to increase the indicators of General physical training, as well as endurance, which is very important for long-term running.

## Conclusion

The results of the experiment allow us to judge that the growth rate of sports results among the students of the experimental group was objectively significantly higher than in the control group. Endurance running, a technique that involves rhythmic tension and relaxation, is not immediately mastered, so runners should constantly perform exercises.

Thus, we believe that in the University program, sports training of novice athletes based on athletics should be subject to the requirements of sports improvement. The new adjusted method has proven itself. It allows you to solve the most important tasks: strengthen the health of athletes, creating the basis for achieving further sports results. This technique allows you to avoid traumatic factors, as well as physical overstrain of young athletes who do not yet have basic General physical training.

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