



CHARACTERISTICS OF THE STATUS OF TRAINING AND OVER- TRAINING AT SPORTSMEN

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Abstract

The article is devoted to recent years has shown that in conditions of muscular activity, the causative agent of the process of restoring the health of both the musculoskeletal system and the service organs is the process of fatigue. The speed of development of fatigue is the main factor determining the nature and quality features of the recovery process of all physiological systems involved in the activity. Restoration of the functional ability of organs and the whole body after muscular activity does not represent a direct line to increase efficiency. At times during the recovery period, the functional capacity of the organism is well above the initial level; sometimes the working capacity becomes higher than the pre-work condition, thus, as a decaying curve, it is set at a certain level.

Keywords: The excitatory process, fatigue, the body's ability to work, the level of fitness, the load, breaks.

Introduction

In the thesis, it has been established that active rest is important for maintaining high level of working capacity and should be used differentially, depending on the specific conditions of activity. Repeated exercise can lead to the development of two opposite states. If each subsequent load falls on the period of the strengthened restored state, then the process of training, increasing the functional capacity of the trained organs and the whole organism develops. The main point in the process of training should be considered a faster course of recovery processes. If the new load falls on the organs, the efficiency of which has not yet returned to its original state, the opposite state develops: chronic fatigue. The functional ability of the organism, as a result of repeated loads, not only does not increase, but decreases more and more.

Discussion

In the conditions of sports training, the development of chronic fatigue manifests itself in a state of overtraining. An essential characteristic of overtraining is the weakening of the flow of recovery processes in the athlete's body.





It turns out to be possible, by changing the mode of activity and rest, to direct changes in working capacity in one direction or another. The essential points in this are the ratios of the magnitude and nature of the load with the duration of rest periods, the nature of rest and the general state of the body's working capacity (the achieved level of fitness).

The magnitude and nature of the applied loads in connection with the duration of the breaks determine, with other things being equal, the peculiarities of changes in the health of the organism. Systematic repeated exercises with small loads and corresponding pauses are accompanied by a gradual increase in working capacity, which is established at a certain level after a while. A further increase in performance can be achieved by increasing the loads while reducing the duration of the breaks or reducing the break while maintaining the same loads.

The increase in load is accompanied by an increase in working capacity only at loads that do not exceed the capabilities of the organism. The use of excessively large loads is accompanied by a decrease in efficiency.

The so-called active rest for the first time studied by Sechenov, which is important for maintaining high-level performance, is important. Strengthening the course of recovery processes of a tired body, active rest allows you to increase the effectiveness of the training regime. It should be noted that the active rest must be applied differentially depending on the specific conditions of activity. The higher the level of fitness of an athlete and the less tedious the previous activity, the more intensive the activity should be used as an active rest. It should be noted that the indications and contraindications for the purpose of active recreation are determined not so much by the degree of decrease in working capacity as by the speed of development of previous fatigue.

The analysis of changes in working capacity under the influence of active recreation has shown that the basis of this phenomenon is a change in the relationship between fatigue processes as a stimulus and recovery processes, as well as a response. The influence of activity of rest can be explained partly by the development in the nerve centers of the process of inhibition, partly by the fact that during the rest of the working body, an additional activity is maintained by the active state of the serving organs and systems.

The results of the research lead us to an understanding of the state of fitness as a total functional changes in the body, characterized by an intensive course of recovery processes, a high and stable level of fatigue and recovery processes.





Conclusion

In conclude a prerequisite for achieving a state of fitness is intense muscular activity, stimulating the recovery processes. A recent study conducted by us shows that during a workout, an outfit with an increase in muscular performance is restructured in the activity and service systems, primarily of the circulatory and respiratory organs. At rest, the level of functioning of the circulatory and respiratory organs in trained individual's decreases, while the functional capacity of these organs increases. The change in the activity of the cardiovascular system during exercise during physical training is a consequence of the improvement of its regulation mechanisms. Repeated loads cause every time less significant changes in their activities.

Consequently, changes in performance, determined by the balance of the processes of fatigue and recovery, can reflect on the functional state of the cardiovascular system.

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