



ON THE SIGNIFICANCE OF TRAINING IN THE DEVELOPMENT OF FATIGUE AND RECOVERY PROCESSES

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Annotation

Studying the conditions for the optimal manifestation of the effect of active rest, such rest, during which the subjects worked with other limbs that had not worked so far, we drew attention to the fact that in many subjects in the first days of working on the ergograph, the effect of active rest was manifested in full strength.

Keywords: the work of the right hand, the brain, the other - the positive effect of outdoor activities.

Introduction

Over the years, various conditions for the development of fatigue and recovery. In the course of these studies, the significance of training the subject in working on an ergograph (shoulder and finger) was found in the development of the process of fatigue and recovery.

First of all, it was found that as the subject trains and "automates" limb movements to the rhythm of the metronome, the character of the fatigue curve undergoes significant changes.

In an untrained subject (during the first days of work on an ergograph), the fatigue curve is characterized by a gradual decrease in the amplitude of limb flexion, which begins soon after the start of work and continues until the movement stops. In connection with repeated work on the ergograph and the achievement of a certain degree of training ("automation" of movements), the fatigue curve loses the character of a gradual decrease in the amplitude of limb flexion. In a well-trained subject, the entire program, from beginning to end, retains the same initial flexion amplitude until the complete cessation of work; only the last 2-3 bends drop sharply in amplitude and the work ends. It is clear that at the same time, the total duration and amount of work performed by a trained subject turns out to be much greater than that of an untrained one.

Thus, in the course of training, along with an increase in the amount of work performed to fatigue, there is a change in the very nature of the development of fatigue. Judging by the curve, for a trained subject, fatigue (in the literal sense of the





word) occurs only at the very end of work, while for an untrained subject, fatigue appears shortly after the start of work and accompanies it to the end.

We believe that in the onset of fatigue, a certain role is played by the transcendent protective inhibition, which develops as a result of prolonged work in the corresponding nervous structures of the brain.

As can be seen from our data, the phenomenon of paralimiting protective inhibition improves in the process of training: if in an untrained person it turns on inappropriately early and thereby limits the overall the magnitude of the work, then as a result of training it seems to find a place for itself and develops with maximum intensity in the nervous processes that determine the performance of movements.

Studying the conditions for the optimal manifestation of the effect of active rest, i.e. such a rest, during which the subjects performed work with other limbs that had not worked so far, we drew attention to the fact that in many subjects in the first days of work on the ergograph, the effect of active rest was manifested in full force. Moreover, this moment just coincided with the period of change in the nature of the fatigue curve. So, in the process of training, the nature of the influence of the work of the other limb on the course also changes.

restoring the working capacity of tired muscles: for an untrained subject there is no big difference between the effects of passive (complete rest during the rest of the working right hand) and active (work of the left hand in the rest period of the right) rest, while in the trained subject the effect of active rest exceeds the effect of passive one several times.

In special experiments, we tried to find out the reasons for such a different effect of active and passive rest, depending on the training of the subject. For this short-term work of the left hand, we added not only after preliminary fatigue of the right hand, but also during various periods of work of the latter. It turned out that the addition of the work of the left hand against the background of the work of the right hand in the first days of the subject's work on the ergograph, i.e. at untrained, does not change the erg of the right hand or causes a slight increase in the amplitude of flexion of the right. After several days of the subject's training, the same addition of the work of the left hand causes oppression of the flexion of the right hand with their subsequent intensification after the cessation of work of the left hand. This phenomenon (inhibition of the amplitude of flexion of the right hand during the period of adding short-term work of the left hand and different amplification of their after the cessation of the work of the left hand) manifested itself the stronger the later, i.e. closer to the onset of fatigue of the right hand, the work of the left was added.



On the basis of these, as well as a number of other facts, we came to the conclusion that an untrained subject has irradiation relationships between the corresponding nerve centers of the upper limbs, which manifests itself in a certain increase in the amplitude of movements of the right hand during time adding left. As a result of training, these relationships are replaced by induction ones, which is evident from the fact of oppression and subsequent facilitation of flexion of the right hand when the work of the left hand is added and stopped.

how this period of onset of inductive relations between corresponding centers of the upper limbs coincides with the period (in the process of training in work on the ergograph) of the maximum manifestation of the effect of active rest, then we believe that the latter is due to the development of induction inhibition and the phenomenon of relief that occurs in the centers of the right hand during and immediately after the cessation of work of the left hands (during the rest period of the right) do not stop, but continue along with the work of the right hand resumed after the rest, then the effect of active rest does not appear on the latter.

So, in the process of training, along with the development of the process of excitation and rubbing of certain nerve connections, there is also an improvement in the inhibitory process, which, on the one hand, causes a more favorable change in the nature of fatigue, and on the other - the positive effect of active recreation.

Summary

The article discusses the development of fatigue processes in athletes of various levels of fitness, as well as the role of outdoor activities during the recovery period.

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