



CONTENT OF RUNNING LOADS AND USED FACILITIES OF MEDIUM DISTANCE RUNNERS IN ANNUAL PREPARATION STAGE

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Annotation

This article reveals the volume of training sessions, the intensity of performance, and the distribution of preparation tools for athletic students who run medium distances. As well as, it was studied that the volume of training loads varies at different stages of the annual preparation.

Keywords: athletics, track and field athletes, medium distances, medium distance runners, exercise equipment, aerobic routine, mixed routine, anaerobic routine.

Introduction

It is appeared the influence of the sport of athletics in the results of sports in major competitions, besides it is required the improvement of the system of training athletes. In our country the development of athletics through the focus on physical culture and sports creates many grounds for it to celebrate high achievements in the world arena. Especially, the President of the Republic of Uzbekistan on November 5, 2021 No. PP-N^o5280 "On the program of development of sports educational institutions until 2025", PQ-N^o5281 "XXXIII Summer Olympic Games and XVII Paralympic Games 2024 in Paris (France)" and PQ-5282 "On measures to further develop the sports of walking, running, mini-football, badminton, streetball and workout" improving the quality of training of highly qualified athletes for the prospects of athletics, the prospects of athletics to a certain extent in the performance of their duties as well.

Hence, the training of athletes in medium-distance running in athletics and their comprehensive study in the long-term pedagogical process connected maintaining the technical readiness through the boosting of running techniques, step-by-step planning of sports training. This covers the methodology of training, taking into account the technical training of athletes in the planning of training loads, the ratio of general and special physical training loads of athletes, training exercises, the volume of training loads in training cycles (micro-meso- and macrocycles), competition preparation and such factors need to be addressed.





The Aim of the Work

Enhance of effectiveness of the endurance of athletes of II and I categories running medium distances by differentiating the means used in the training process.

Assignment of the Work

1. Study of scientific and methodological literature on the organization of training processes for medium-distance runners.
2. Distinguish exercises that increase the speed-endurance of runners for medium distances.
3. To clarify the effectiveness of the method of applying differentiated exercises in the training of athletes running medium distances.

Many researches were conducted by scientists such as Platonov VN, Suslov F.P., Nikitushkin VN, Olimov MS, and etc., to prepare athletes for competitions and the study of training processes in the world. Particularly, the system of training athletes specializing in medium-distance running in athletics and the planning of training processes in accordance with modern requirements, improving the running technique of athletes, as well as improving the running technique in training are being studied by scientists.

According to our analysis of the scientific literature, the planning of annual training in medium-distance running, the effectiveness of the use of equipments and methods used in the training process in accordance with the physical, technical and endurance of athletes, the use of differentiated training and training facilities to increase endurance allows you to show high sports results in international competitions.

It was found that the planning of the training process of athletes running medium distances, as well as the study of the content of the annual training load of athletes in the management of the training process, the tools used in it are related to the training goal.

When we studied the training content of athletes running medium distances, we found that training loads focused on speed-endurance accounted for only 17% of the total load. This is very low as it is the main competition activity of athletes running medium distances i.e. 800m and 1500m (Table 1).





Table 1 Proportions of the annual training volume of athletes running medium distances

Months	1	2	3	4	5	6	7	8	9	10	11	12		
Aerobic	Km	90	88	88	80	98	98	102	106	106	88	90	92	1126
Loads	%	80,4	75,9	74,6	74,1	79,0	79,0	82,9	83,5	82,8	77,2	75,0	75,4	
Mixed	Km	18	24	24	22	22	22	18	18	18	22	24	24	256
Loads	%	16,0	20,7	20,3	20,4	17,7	17,7	14,6	14,2	14,1	19,3	20,0	19,7	
Anaerobic	Km	4	4	6	6	4	4	3	3	4	4	6	6	54
Loads	%	3,6	3,4	5,1	5,6	3,2	3,2	2,4	2,4	3,1	3,5	5,0	4,9	
General loads	Km	112	116	118	108	124	124	123	127	128	114	120	122	1436
Other activities	(s)	29	29	28	32	28	28	28	28	28	28	28	28	342 s

The table shows the annual training loads planned for athletes . It is clear from the table the total running distance (aerobic, mixed and anaerobic loads) is 1436 km, which is 62% of all loads. In terms of basic running exercises, aerobic loads averaged 78.3% (1126 km), while mixed-mode running exercises 17.9% (256 km), and anaerobic loads 3.8% (54 km). We can see the maximum volume in June and July when we analyze the training loads studied from different periods. It should be noted that it can be explained by the fact that the training did not start in accordance with the task



and the period of preparation. Because it is expedient that the local competitions are planned mainly in September and October.

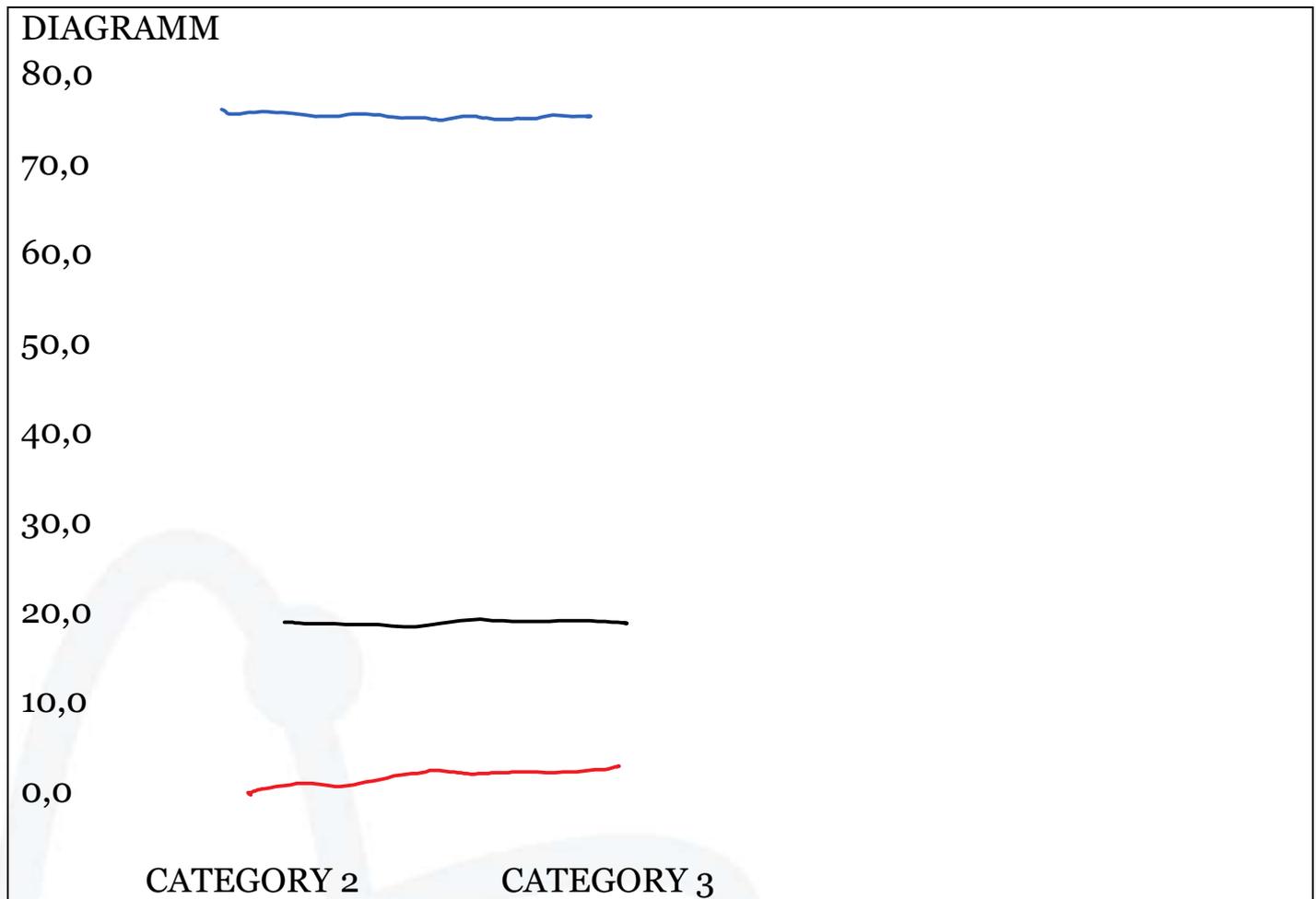


Figure 1. Volume and proportions of running loads of runners for medium distances.

The most appropriate way is to give the annual training of student-athletes who run medium distances in a wavy form when planned. This is because their downloads also include exercise downloads for the subjects in the curriculum. In this way, the optimal state of their preparation for the competitions was given.

Summary. The study focused on training tasks aimed at developing the agility and endurance qualities of medium-distance runners in the annual training cycles, taking into account all the loads of athletes, especially the loads from the subjects in the curriculum. The loads given to the athletes during the training and the intensity of its performance took the competition and were collected in accordance with the competition activities.



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