

Optimization of Training Plan in the Technical Preparation of Runners

Abdullaev Mehriddin Junaydilloevich

Professor of Bukhara State Pedagogical Institute, PhD (DSc)

Saidova Sarvinoz Iskandar qizi

Bukhara State Pedagogical Institute, Faculty of Physical Culture, Master of the 2nd stage

Article Information

Received: February 05, 2023

Accepted: March 04, 2023

Published: April 17, 2023

Keywords: *athletics, physical training, physical qualities, running technique, running speed.*

ABSTRACT

In this article, the level of technical training of runners, the efficiency and economy of their movements, based on the analysis of running technique, training as a unit of movement is highlighted.

Nowadays, the daily growth of sports results in the world arenas shows that it is necessary to pay attention to the methodology of further improvement of the cycles of annual preparatory training. Sports performance of athletes is directly related to their level of physical fitness. Because it is difficult for an athlete to achieve a high result in sports without training the qualities of speed, strength, endurance, flexibility, and agility. It is necessary to take into account that each type of sports training depends on other types, is required by them and, in turn, affects them. For example, the athlete's technique is directly related to the level of development of physical qualities, that is, strength, speed, flexibility, etc. The level of technical training of runners is determined by the efficiency and economy of their movements. Based on the analysis of the running technique, two steps or a walk are accepted as a unit of movement. Each stunt consists of two support periods (using the left and right legs) and two flight phases.

The tactical tasks that a runner sets before himself during training and competitions can be very different. For example, running several laps at a predetermined speed or covering a certain distance; to quickly start running and take the right place in the group of opponents; overtaking opponents in different situations, changing the rhythm of running; the second 400-meter distance can be faster and the first, and so on. How the distribution of time is carried out in the 800-meter race, it certainly looks relatively simple. In turn, in this case, runners run the second 400 meters with a result 3-4 seconds worse than the first. In this view, if you consider the result of 2.02.0. Nowadays, it is noted that many runners of almost equal strength participate in competitions of any size, in which case whoever is better tactically prepared and in a thoughtful position during

the distance race is no If he can win, it is observed that only that athlete will win.

Long distance running. The technique of running on straight sections of the distance is slightly different from the technique of running on turns.

Good distance running technique can be manifested by the following aspects:

- the body is slightly bent forward (4-5o);
- the shoulder belt is loosened;
- shovels are slightly closer to each other;
- the waist is slightly naturally opened;
- the head is held flat, the muscles of the face and neck are not strained.

This condition helps to run in an optimal way, eliminates excessive muscle tension. When running, the arms are bent at the elbow joint at an angle of 90°, the paws are slightly compressed. The movements of the hands are reminiscent of the movement of the pendulum, but it is necessary not to raise the shoulders.

Directions of movement of the hands: 1) forward, the paw of the hand moving forward reaches approximately to the middle of the body (up to the chest); 2) back and forth, hands are not thrown far to the side. In general, all movements of the arms should converge towards the direction of running, because excessive movements of the arms to the side cause the body to jerk to the sides, which negatively affects running speed and causes excessive energy expenditure.

The angle of movement of the shoulder bone depends on the speed of running, that is, the higher the speed, the faster and wider the movements. It should be remembered that it is a mistake to move the hands up high both in front and behind. The amplitude of the humerus vibrations can be determined by the movement of the elbow joint: as soon as it starts to move more upward - this is the limit of the amplitude. When running, it is necessary to consider the technique of movement of the legs from placing the soles of the feet on the support. When running for medium and long distances, the sole of the foot is placed from the tip of the foot to the outer edge of the palm, and the entire foot falls on the sole of the foot until the moment of vertical position.

The palms of the feet are placed parallel to each other at the width of one palm, the big toe is facing forward, the palms of the feet cannot be turned outwards. A runner should place his feet gently, like a cat, not with a thump. When placing the foot on the ground, the knee joint is slightly bent. The length of putting the foot on the ground depends on the running speed: the higher the running speed, the farther the foot is placed from the UOM projection. Before the vertical moment, during the amortization phase, the leg bends more than the knee and ankle joints. A slight decrease in UOM is observed. This movement can be compared to a spring, that is, the spring is slightly compressed and then the opposite effect is obtained - the effect of elastic deformation. The runner's emotions are that he should imagine himself as a spring resisting compression and, resisting, pushing the body off the support. After the vertical transition, active straightening of the leg occurs first from the pelvis, then from the knee joints, and only after that the foot flexes from the ankle joint.

Actions of a runner who makes turns (sharp turns): - bends a little to the left (toward the center of the turn); - the amplitude of movement of the left hand is slightly smaller than that of the right hand; - the right shoulder is slightly forward; - the step length of the left leg is slightly smaller than the right leg; - the movement of the right leg is performed slightly inwards; - the right foot is placed with the palm turned inwards. In middle distances, the increase in running speed due to the increase in stride length is limited, because a very large stride requires a large energy expenditure. In runners, the stride length is about 160-220 cm, depending on the distance and

individual abilities. Running speed usually increases at the expense of stride length, while maintaining stride length.

One of the most important parts of athletic training is physical training aimed at developing and educating the athlete's basic movement qualities. As a rule, athletes with all-round physical development can demonstrate high performance in athletics. The principle of organizing the training process throughout the year is one of the decisive conditions for increasing the efficiency of training and achieving high sports results.

References

1. Karomatovich I. A., Akhtamovich H. S. Techniques of Young Greco-Roman Wrestlers to Improve their Combinational Attack Moves //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – T. 1. – №. 6. – C. 10-14.
2. Karomatovich I. A., Akhtamovich H. S. SPECIFIC CHARACTERISTICS OF THE ACTIVITY OF A SPORTS EDUCATOR (GREEK-ROMAN WRESTLING COACH) // "ONLINE-CONFERENCES" PLATFORM. – 2022. – C. 102-105.
3. Karomatovich I. A., Todzhiddinovich S. U. Methodology for Developing Speed and Strength Abilities for Novice Boxers Method of Development of Speed-Power Abilities at Beginning Boxers //Web of Scholars: Multidimensional Research Journal. – 2022. – T. 1. – №. 6. – C. 185-190.
4. Karomatovich I. A. Conducting Sports Holidays in Pre-School and Primary Educational Institutions //Web of Scholars: Multidimensional Research Journal. – 2022. – T. 1. – №. 6. – C. 153-157.
5. Karomatovich I. A. PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT OF YOUNG TEAM ATHLETES //Web of Scientist: International Scientific Research Journal. – 2022. – T. 3. – №. 02. – C. 1011-1016.
6. Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
7. Abduyeva S. THE PSYCHOLOGICAL SIGNIFICANCE OF HIGHLY QUALIFIED 19-21-YEAR-OLD HANDBALL PLAYERS BETWEEN PERIODS IN THE TRAINING PROCES //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
8. Qizi A. S. S. Teach handball to 19-20 year Olds using action games. – 2022.
9. Abduyeva S. S. Q. The Development of Jumping Ability in Young Handball Players 12-13 Years Old //Athena: Physical Education and Sports Journal. – 2023. – Т. 1. – №. 1. – C. 1-5.
10. Abduyeva S. FAN, TA'LIM VA AMALIYOT INTEGRATSIYASI ISSN: 2181-1776: YOSH GANDBOLCHI MUTAXASSISLARNI TAYYORLASHNING PEDAGOGIK ASOSLARI //Buxoro davlat universitetining Pedagogika instituti jurnali. – 2022. – Т. 2. – №. 2.
11. Junaydulloevich, A. M., & Istamovich, A. K. (2021). ANALYSIS OF MODERN TECHNOLOGIES FOR THE DEVELOPMENT OF PSYCHOPHYSICAL QUALITIES OF BOXERS IN THE PROCESS OF TRAINING. *Web of Scientist: International Scientific Research Journal*, 2(05), 1-14.
12. Junaydulloevich, A. M. (2021). METHODOLOGY OF TEACHING ATHLETICS FOR CHILDREN OF DIFFERENT AGES. *Web of Scientist: International Scientific Research Journal*, 2(05), 49-59.
13. Junaydulloyevich A. M., Haydarqulovich Q. H. THE DEVELOPMENT OF EFFECTIVE

- WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 249-258.
14. Junaydulloevich, A. M., & Istamovich, A. K. (2021). BASIC LAWS AND DESCRIPTIONS OF WAYS TO DEVELOP TECHNICAL SKILLS IN BOXING. *Web of Scientist: International Scientific Research Journal*, 2(05), 15-26.
 15. Junaydulloevich, A. M. Methodology of application games in the training of young athletes. *Academicia: An International Multidisciplinary Research Journal*. ISSN, 2249-7137.
 16. Mo'minov F. YOSH FUTBOLCHILAR O'QUV MASHG'ULOTLARINI OPTIMALLASHTIRISH METODIKASI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 3. – №. 3.
 17. Mo'minov F. ЁШ ФУТБОЛЧИЛАРНИНГ ЖИСМОНИЙ РИВОЖЛАНИШИНИНГ ЎЗИГА ХОС ХУСУСИЯТЛАРИ, УЛАРНИНГ ЖИСМОНИЙ ТАЙЁРГАРЛИГИНИНГ КЎПРОҚ БАРҚАРОР КЎРСАТКИЧЛАРИНИ ТАНЛАБ ОЛИШ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
 18. Mo'minov F. FUTBOL SPORTIDA MASHG 'ULOT JARAYONLARINI BOSHQARISH ASOSLARI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu.uz). – 2021. – Т. 8. – №. 8.
 19. Khaydarov U. R. Features of the Training Process Aimed to Perfection Speed Qualities //Web of Scholars: Multidimensional Research Journal. – 2022. – Т. 1. – №. 6. – С. 207-211.
 20. Askarovich R. A. The Role of Three-Level Sports Competitions in the Education of Human Moral Qualities //Web of Scholars: Multidimensional Research Journal. - 2022. - Т. 1. – no. 6. - S. 106-111.
 21. Rasulovna S. N. THE MECHANISM OF IMPROVING THE PRIMARY TRAINING METHODS OF BASKETBALL SPORTS, TRAINING SKILLED BASKETBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 02. – С. 1085-1091.
 22. Собирова М.Р. Собирова Н.Р. ПСИХОЛОГИЯ ЗДОРОВЬЯ: ПОНЯТИЯ И ТЕОРИЯ. Психология XXI столетия 173-175 Ярославль - Бухара – 2020
 23. Sabirova N. malakali sportchilarni tarbiyalashda psixologiyaning o'rni hamda ahamiyati: malakali sportchilarni tarbiyalashda psixologiyaning o'rni hamda ahamiyati //Buxoro davlat universitetining Pedagogika instituti jurnali. – 2021. – Т. 1. – №. 1.
 24. Khaidarov U. R. Technique of Movement of Sprinters' Legs Affecting the Increase in Sprint Speed //Nexus: Journal of Advances Studies of Engineering Science. – 2022. – Т. 1. – №. 6. – С. 49-54.
 25. Asqarovich R. A. YOSH GANDBOLCHILARDA KUZATISH VA DIQQATNI RIVOJLANTIRISH //INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL. – 2022. – Т. 3. – №. 9. – С. 148-153.
 26. FS Fazliddinov Optimization of training workloads for primary group players- Science and Education, 2022
 27. F Fazliddinov THE IDEA OF A PERFECT PERSON LN THE WORKS OF ORIENTAL THINKERS-Buxoro davlat universitetining Pedagogika instituti ..., 2021
 28. Rasulovna S. N. Ways to Improve the Efficiency of Technical and Tactical Actions Performed by Skilled Players during the Competition //Web of Scholars: Multidimensional Research Journal. – 2022. – Т. 1. – №. 6. – С. 196-206.