

Planning Training Loads of Highly Skilled Height Athletes

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ABSTRACT

The modern system of weightlifting training includes the organizational-pedagogical process of preparing athletes for competitions, goals, tasks, tools and methods, organizational forms, material and technical conditions, etc. is a complex, multifactorial phenomenon.

At the current stage of the development of weightlifting sports in our country and foreign countries, great experience has been accumulated in preparing and training weightlifters for competitions, and significant scientific and methodological materials have been collected. Physical education and sports theory, which has been rapidly developing in recent years, pays great attention to the adaptation of the human body to environmental conditions, especially to extreme situations, and to improving the processes of preparing athletes for competitions. Also, in the science of modern physical education and sports theory, the task of improving the athlete's flexibility in training is gaining importance. Because sport itself is a field of human activity, in which increasing the maximum mobility of the body's functional systems is the guarantee of the athlete's success. Generally speaking, adaptability is understood as the ability of all living things to adapt to environmental conditions. The manifestations of adaptation in sports are extremely diverse. In training, it is possible to adapt to physical loads of various directions, to develop physical qualities, to get used to exercises aimed at improving technical and tactical skills and mental functions, and to understand how to perform them based on the capabilities of the body. The concept of stress is used side by side with the athlete's ability to adapt in the foreign scientific research conducted on the sport of weightlifting.

Weightlifting athletes, in general, those involved in all sports, may experience stress due to fatigue when carrying out overloads that do not correspond to the athlete's physical capabilities and are characterized by a long duration. In general, positive changes in the functional state of the heart are noted in the process of adaptation to training loads in weightlifting, which leads to

muscle growth and an increase in blood circulation. The increase and improvement of blood flow during training can be shown as one of the most reliable mechanisms of adaptation to physical activity.

The achievements of weightlifters at the international level and their constant growth have been emphasized by experts for a long time. In recent decades, the study of long-term training of young weightlifters has yielded very positive results. Important rules and techniques of educating young weightlifters are being developed through a methodologically competent approach and effective training.

When training weightlifters at the international level, it is suggested to divide them into groups based on their age and physical capabilities, and to divide the long-term training of young weightlifters into the following 6 stages:

- The first stage - initial physical and functional training (8-9 years old);
- Second stage - basic physical and functional training (10-12 years old);
- Third stage - basic sports and psychological and functional training (13-14 years old);
- Fourth stage - in-depth basic sports and psychological and functional training (15-16 years old);
- The fifth stage - final basic sports psychological and functional training (17-18 years old);
- Sixth stage - preparation for major competitions (19-20 years old and older).

Based on this, it is necessary to pay special attention to the issue of attracting children who want to engage in weightlifting in sports schools without health complaints to sports training groups.

The following should be included in the annual training plan for weightlifters: the total volume of general and special physical training and its distribution by month, the volume of various exercises, the number and duration of competitions, the stratification of load; the results that the athlete should achieve in classic exercises at separate stages of the annual training, control standards in special auxiliary exercises, medical control system, training theory and methodology, knowledge in the fields of hygiene and self-control. It is advisable to divide the long-term training of male athletes into six stages. This process makes it possible to plan the training of high-class athletes more correctly and rationally, taking into account the age characteristics of the body. Training young weightlifters in training and long-term preparation for competitions requires solving a number of problems. In particular, in the system of step-by-step training of athletes for this type of sport, it is necessary to take into account the characteristics of the developing body of a young athlete, the psychological processes of an athlete. The results of the study show that long-term training of young weightlifters should be strictly focused on their young potential. It is also necessary to carry out training in accordance with the level of physical, technical and functional preparation of the body.

One of the main laws of sports training is cyclicity. It consists of regular repetition of relatively finished, structural units of the training process: individual training, microcycles, mesocycles, stages, periods, macrocycles.

The classes differ as follows:

- microcycles, the training duration of which lasts from 2-3 days to 7-10 days;
- mesocycles — from 3 to 5-8 weeks;
- training stages - from 2-3 weeks to 2-3 months;
- periods - from 2-3 weeks to 4-6 months;
- macrocycles - from 3-4 months to 12 months.

Building training on the basis of various cycles, systematizing tasks, tools and methods of the training process and its other principles: continuity, unity of general and special training; the duration of training and the unit of striving to perform maximum intensity loads; allows to ensure the fulfillment of the undulation of dynamics of loads in the best way. Rational construction of training cycles is of special importance at the moment when one of the most important reserves of improvement in sports is the optimization of the training process while relatively stabilizing the quantitative dimensions of training activity, which have already reached pre-limit values.

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