

The Use of Instruments and Methods in Annual Preparation of Middle Distance Runners

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ABSTRACT

This article focuses on achieving high athletic performance in middle distance runners by effectively planning their annual training.

The prestige of athletics in the world requires the improvement of the training system of athletes, as this is reflected in the sports results shown in the major competitions held in many ways. The training of middle-distance runners and their comprehensive preparation for a multi-year pedagogical process and improvement of running technique, step-by-step planning of sports training depends on maintaining their technical readiness. This means taking into account the technical training of athletes, the method of organizing training, the proportions of general and special physical training loads of athletes, exercises used for technical training, training cycles (micro-meso- and macrocycles) when planning training loads. This requires taking into account the size of the training load, preparation for the competition, etc.

In our republic, the development and popularization of physical education and sports, especially Olympic sports, is considered one of the priority directions. "Developing all types of sports, increasing the number of licenses that give our athletes the right to participate in the Summer Olympic and Paralympic Games through comprehensive preparation and successful preparation for the XXXIII Summer Olympic and XVII Paralympic Games to be held in Paris (France). Urgent tasks to ensure participation in 2024 are indicated.[1] In particular, various types of sports serve to increase the weight of our athletes, who contribute to raising the flag of Uzbekistan to the heights on the world sports fields. It is related to the fact that the system of complex training of athletes is developed on a scientific basis.

The main tool of sports training is the method of performing exercises, that is, repeated movements. According to E.S. Ozolin [2], depending on the training tasks and the capabilities of the athletes, the method varies in different forms: these include variations of repetitions, rotations, intervals, flat running, control, fortlek, competition, monopas and other methods. takes

The main means of training middle-distance runners is running at maximum speed [2] According to the similarity between the means of training sprinters and the type of competition activity, they are divided into two groups: general physical training and special training.

According to their kinematic, dynamic and energetic characteristics, special physical means are important in the competitive activity of sprinters.

Non-specific exercises are used as a means of general physical training and their training effect is not great. However, a greater use of general physical training tools during adolescence creates a better foundation and allows adolescents to perform adult exercises without difficulty. The Olympic champion, Jamaican [3] U. Bolt in the 2007-2017 season was lagging behind the national team's stayers in terms of performance of all parameters of the load, but in special exercises, he was much ahead of them in running at the greatest and maximum speed - 85.4 9km.

In training practice, running at maximum speed is used 3-4 times in one series when the distance is at least 60-80 m, and the individual rest time is 4-5 minutes [4]. In their opinion, the control considers it appropriate to use 30-60 m running from the start and 20-30 m running from the start.

Most scientists use running on steep hills (slope angle - 2-4o) in light conditions to develop speed capabilities [5]. It emphasizes that the best results can be achieved if running on a slope is alternated with running along a horizontal line and running up a hill (mountain). Running in light conditions should be alternated with running loads in normal and heavy conditions in the ratio of 1:1:2, 1:2:1, 2:1:1. It has been shown that performing training loads in difficult conditions should be alternated with simple and complex exercises in a ratio of 2:1 or 1:1 [13].

During the start acceleration, the hip and calf extensors and flexors perform the main movements. Various special training methods are used to develop muscle characteristics of different muscle groups. General kush preparation, speed kush exercises are counted among such methods. The mechanical impact of the sports shoe with the surface of the running track during the contact period should be formed in such a way that the main shock vector should be directed more forward than up. This suggests using a special force development method in resistance running.

Cush training, which is carried out using resistance during running, allows the development of cushion and speed components directly in the starting conditions. Such training is more effective than traditional kush exercises performed with resistance [6,12].

When developing a strategic plan for training athletes, it should be noted that speed, speed and intensity are closely related indicators. They are provided by the whole system of the body. In heavy work, the structure of muscle fibers changes, which can lead to loss of balance. Coaches should take these changes into account and strictly individualize the training of middle-distance sprinters.

According to foreign authors [7], kush training should serve the improvement of neuromuscular coordination more than the growth of muscle groups. From this point of view, long-term squat work performed using traditional exercises is a mistake, so it is better for the athlete to perform squat exercises at maximum speed while overcoming his own body weight. Therefore, to increase the speed and length of running steps, it is recommended to perform sprint exercises with a structure typical of sprinters. In this training, as a rule, from running and jumping exercises familiar to everyone - many jumps on a pair and on one leg, jumping from hills not higher than 30-50 cm and immediately moving forward, many jumps at a speed of 80 m , running along the signs and in different conditions, standing up running at different distances, running with a change in speed, and running in lightened conditions should be used.

One of the ways to improve speed qualities is a special weight training exercise, which allows

you to perform both forward and backward runs, periodically changing direction using a weight device. Such exercises are used by qualified middle-distance runners who have trained for a long time in middle-distance running to help them prepare for this activity and improve their results. 100 m to the gym with weights of 0.5-2 kg. 0.2-0.3 s from the result. helps to run better.

One of the leading Russian scientists, Professor I.P.Ratov [8] uses a special suspension device that reduces the weight of the runner by 20-30 kg. This is believed to greatly increase speed potential due to the increased length of support in the running stride.

As we found out above, the speed of a sprinter depends on the length and speed of steps, so the authors have shown the need to plan special exercises to increase step length and speed in training programs [9].

According to scientists [9,10,11], it is necessary to use the following exercises to increase the length of steps:

- 1) many jumps in time (100 m);
- 2) timed jumps on one leg (30 m);
- 3) jumps from a height of 40-70 cm to sandy places;
- 4) standing long jumps;
- 5) jumping and running in the front part of the foot;
- 6) to increase the numbers and body postures (this is how to write);
- 7) running with cuffs (250-300 g) attached to the distal handles of the calf in addition to regular running, as well as running with 500 g cuffs attached to the thigh;
- 8) running over signs 2-5 cm longer than a normal step or over human obstacles 10-20 cm high;
- 9) they consider it appropriate to use such exercises as relaxation in preparatory training.

Pedagogical observations and the analysis of scientific methodical literature made it possible to draw the following conclusions.

it was determined during the pedagogical analysis that improved versions of educational programs were developed for the organization of annual training sessions.

- trainings conducted by trainers are not organized on the basis of specific methodology. It was determined that the coaches, based on their experience, use the tools and methods of the preparation period, pre-competition preparation and competition periods in the training process.
- the fact that annual training does not take into account the correlation of tools used in training planning can negatively affect the training system of highly qualified middle-distance runners.
- conducted pedagogical observations, scientific research sources, statistical data show that the ratios of physical training used in the training processes of middle-distance runners and training places do not meet today's requirements.
- the annual training of middle-distance running athletes is divided into this period. That is, leading scientists have shown that the preparation period is 5-6 months, the competition period is 4-5 months, and the transition period is 1-2 months.

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