

Development of the Quality of Endurance in Improving Sports Training of Young Runners

Abdullaev Mehridin Junaydulloevich

Professor of Bukhara State Pedagogical Institute, PhD (DSc)

Safarova Zebiniso Gulomali qizi

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

Article Information

Received: February 15, 2023

Accepted: March 16, 2023

Published: April 17, 2023

Keywords: *young runner, endurance, sport, training, run.*

ABSTRACT

In this article, the use of physical qualities and means of training in improving the sports training of young runners is considered.

A temporary decrease in the athlete's work capacity as a result of the runner's performance during training is called fatigue.

This is expressed in the increase of difficulty or in the fact that it is no longer possible to perform the work effectively. If a young athlete is instructed to perform the same task, they will tire less at different times. The reason for this is the level of endurance of these athletes.

The main measure of endurance is the time that shows how long a person can maintain the specified work intensity.

This type of activity is also associated with fatigue. Therefore, endurance in relation to a certain activity chosen as a subject of specialization in sports is called special endurance.

We took the initial and end-of-year indicators of the 1600-meter run, the endurance test of the 5th-6th grade student runner at the initial training stage.

Literature sources show that 8-10-year-old children are especially sensitive to the effects of slow and intense exercises on the development of endurance. By the age of 12-15, the effectiveness of these exercises decreases, endurance stabilizes or decreases somewhat.

For this purpose, when tests were conducted on the endurance of running at a speed of 75% of the maximum load, the greatest increase in endurance was observed in boys at the age of 13-14, and in girls at the age of 10-13.

The number of repetitions in each series is 3-4 times. For people who do not have a sports degree, the number of series is 2-3, for well-prepared people 4-6.

When working at submaximal power, speed endurance is manifested in people of different ages and fitness in exercises with a maximum duration of 50 s and more than 4-5 minutes.

For example, for 10-year-old children, from 9 to 90 s. in running with a duration of up to 50-400 m, 13-year-old children from 15 s to 4 min 30 s, 90-1600 m.

To the distance; in adults, the duration of running for highly skilled athletes is between 20 s and 2 min 16 s. At this time, they cover a distance of 200 to 100 m.

Speed endurance is developed by running short sections of the distance at high speed.

For example, 3-5 times over 200 m for a 400 m runner. Then the length of the cuts increases. They can be close to the competition distance, equal or even a little more. For example, for a 400 m runner, to cover a distance of 350-400 m repeatedly (2-4 times) at a high speed.

45s-45 min. During the development of speed and endurance in the distances covered between them, the energy supply depends on the anaerobic glycolytic volume (the total amount of anaerobically digested glycogen).

The main method of performing exercises is repetition, the duration of one repetition is from 1 to 5 minutes. Action speed is 80-85%. The number of repetitions in one series is 4-6 times. The break between repetitions is 4-8 minutes, between series is 10-15 minutes. 2-4 series are performed so that the exercises have a deeper effect.

When working at maximum power, the duration of speed endurance is 2-10 minutes. And it becomes impossible to perform exercises of longer duration. Within this section, the time limit intervals are not the same for people of different ages.

This difference is especially noticeable in children of primary and secondary school age.

It is related to changes in the morphological, functional, cardiovascular, neuromuscular and other systems that occur in the body as a result of the child's growth and development. Among highly qualified athletes, runners of 1500-5000 m, swimmers of 400-500 m, 3000, 5000 and 10000 m; includes skaters.

The main means of developing endurance is to run at a speed close to, equal to, and slightly faster than the critical speed during training distances.

is movement. In terms of its effect, such work causes the maximum consumption of oxygen in the body and allows to maintain it at a high level for a long time. The process of providing energy to working muscles is mixed, aerobic-anaerobic.

Variable, repeated and intermediate methods are used to develop endurance in this section. In a variable method, the speed of movement can be from average to competitive speed.

Varying training is carried out on the "fartleka" type, in which distances of different lengths are covered at different speeds, or homogenous sections are covered alternately at high and low speeds. For example, in skating 10 laps, 1 lap is fast and 1 lap is passed at a low variable speed.

1.1.-Table. Education of endurance in research and control classes of young runners (1600 meter run).

Classes	Groups	Tests	X±m	X±m	T	R
6	Experience control	1600 m (min.sec)	7.01±0.33	6.13±0.48	1.51	> 0.05
			7.01±0.63	6.48±0.11	4.81	>0.05
7	Experience control	1600 m (min.sec)	6.78±0.04	6.05±0.15	4.86	> 0.05
			6.48±0.04	6.37±0.06	1.57	>0.05

8	Experience control	1600 m (min.sec)	6.45±0.03 6.45±0.03	6.00±0.16 6.23±0.05	2.8 2.03	< 0.05 >0.05
---	--------------------	-------------------	------------------------	------------------------	-------------	-----------------

In training general physical fitness, sports training styles: standard variable, combined, rotational training, competition and special general physical training are performed depending on the demand of sports and game styles are used.

Development of general physical fitness at various intensities during training of students aged 12-14: 60% of the training process is general physical fitness.

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 Abilitiesat 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. Abdueva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
7. Abdueva 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. Abdueva 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. Abdueva 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. Junaydulloyevich, 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. Junaydulloyevich, A. M. Methodology of application games in the training of young athletes. *Academicia: An International Multidisciplinary Research Journal*. ISSN, 2249-7137.
16. Abduyeva S. Psychological aspects of training young handball players //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
17. Abduyeva S. CHARACTERISTICS OF HEALTH STRENGTHENING //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8. Abduyeva S. SYSTEM APPROACH IN THE FORMATION OF THE PHYSICAL CULTURE OF THE PERSONALITY //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.