



TECHNOLOGIES FOR PREPARING RUNNERS AVERAGE DISTANCES TO COMPETITION

Iqrorjon Roziqovich Soliev

Doctor of Philosophy in Pedagogical Sciences,
Uzbekistan State University of Physical Culture and Sports.

Larisa Vladimirovna Smurygina

Associate Professor, Candidate of Pedagogical Sciences,
Uzbekistan State University of Physical Culture and Sports.

Annotation

This article analyzes the results of training and competition activities on the technology of preparing middle-distance runners for competitions. The results of their functional, physical and technical preparation in preparation for competitions were also studied in relation to practice during the research.

Keywords: athletics, middle distance, middle runners, functional training, physical training, technical training, loads, training, competition.

Introduction

It is well known that middle-distance running in athletics requires both speed and endurance qualities from athletes. Therefore, the preparation of middle-distance runners for competitions requires a great deal of talent and hard work from coaches and specialists, as well as constantly changing training methods. In carrying out and organizing the training process, the fact that coaches are supplemented with new training tools and methods can certainly be considered as a topical issue today. The system of training highly qualified athletes, including periods, stages of the multi-year training process, general and special physical training, technical and tactical training, tools and methods of functional training, the volume and intensity of loads used in training, their relationship, the formation of pre-competition work ability and sports uniform, temporary maintenance, reduction, its restoration, further development are being studied by scientists in the field today.

The aim of the study was to determine the adaptation of highly skilled medium-distance runners to the body of training and competition loads.



Research Tasks

1. Study of scientific and methodological literature on the subject. 2. To determine the adaptability of highly qualified middle-distance runners to training and competition loads.

Research Methods

Based on the analysis of scientific and methodological literature, mathematical statistical methods were used for pedagogical observation of training processes of medium-distance runners, methods of organization of research, determination of functional indicators of athletes, determination of physical fitness, pedagogical experience and analysis of results.

Analysis of Research Results

To prepare athletes for competitions, it is necessary to strictly perform the loads given in training, to fully perform all aspects of them, from a small movement elements to the main exercises.

Medium-distance running types of athletics (800 m) are types of running that require physical training, functional training and, if necessary, technical and tactical training from athletes. In general, those who engage in this type of running perform certain loads in order to compete throughout the year. Carrying out training loads in the annual cycle in accordance with the level of training of the athlete will allow to achieve the desired result in the next competition. Therefore, in our study, we studied the adaptation of athletes to the annual training load, the study of the effect of load on the body, the incidence of fatigue in training and competition.

The consequences of fatigue ultimately have a direct impact on the athlete's performance in the competition. Thus, the correct distribution of the athlete's workload in training and competition activities, strengthening the special physical training during training, adaptation to the competition activities are the biggest tasks set by coaches and specialists. It is also necessary to emphasize the physical training, technical and tactical training necessary to achieve high results during the competition activities. Because their activity in training definitely determines the preparation for the competition. During the study, we studied the adaptation of 10 middle-distance runners to the body of athletes in the annual cycle of performance efficiency, physical and functional training, technical and tactical training in training and competitions.

In the annual cycle, the training and competition activities of II and I category middle-distance runners, more precisely, 10 athletes running 800 meters were studied.

Despite the large number of types of athletics and the fact that some of them seem to be technically easy to perform, it is a bit difficult to complete the elements of its



technical movement. Including running medium distances, the technical moves seem easy to people looking from the outside. However, in order to technically complete every movement from start to finish, athletes will need to train regularly for at least 4-5 years and sometimes 5-6 years.

Performing technical movements in harmony of legs, arms and torso (frequency of steps, length of steps, flight phase, braking and depressing, speed of the athlete running distances in different sections), control of functional states (systolic and diastolic blood pressure, vision and hearing) are integral to sports results is considered dependent. That is, the foot claws at each step taken, the hand movements here involve the proportional movement of the hands relative to the foot, the athlete working on the seconds lost at each step. There are sufficient resources in the scientific methodological literature on the analysis of foot movement techniques, such as at the start, start acceleration, distance running, etc., represent the biomechanical movements of athletes, i.e., hips, knees, legs, arms, and so on. It is precisely these aspects that coaches pay more attention to, while effectively organizing the elements of technical action during training to achieve the desired result in the competition. It also affects the economical movement. As a result, their speed has little effect on quality.

It is well known that the movement of the hands serves a compensatory function by directing the effective functioning of the foot movement. We will consider that the content of the work to be done during the training also depends on the factors indicated by us.

During the trainings, medium-distance runners are given exercises in the 200, 400 and 600-meter distances, and 120-150-meter runs, sometimes 80 or 100-meter runs, are given as special training tools, directly approaching the competition exercises. This defines the specific tasks of each given exercise.

Thus, the research requires the development of ways to overcome various obstacles that arise in the fatigue of athletes through the work done in accordance with the content of special training tools used in training and competition activities.

800 m in the annual cycle. while the total load capacity of long-distance runners was 2780-2975 km, of which 56% was spent on aerobic, 32% mixed and 12% anaerobic work.

At the same time, the following table provides an analysis of the functional and technical elements by which athletes experience fatigue during these activities.

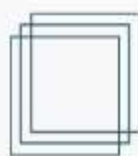


Table 1. 800 m. the consequences of fatigue in distance runners training and competitions

№	Indicators	In training		In competition		
		BS	ES	BS	ES	
Functional states						
1.	Breathing rhythm (times / m)	5,10±0,76	5,38±0,74	5,42±0,67	5,51±0,61	
2.	Heart rate max (number)	189±14,0	186±10,1	185±9,4	182±8,7	
3.	Hearing loss (%)	14±1,8	13±1,7	12±1,7	16±1,4	
4.	Decreased vision (%)	16±2,2	14±1,9	15±2,1	18±2,0	
Technical conditions						
5.	Number of steps (times)	464±14	463±12	451±13	449±9	
6.	Length of steps (m.)	1,72±0,24	1,73±0,21	1,77±0,21	1,78±0,18	
7.	Loss of depressing time at each step (%)	2,78±0,89	2,81±0,78	2,74±0,79	2,75±0,77	
8.	Loss of braking time at each step (%)	3,95±1,12	3,78±0,93	3,86±0,81	3,78±0,85	
9.	Loss of flatness of the sole of the foot at each step(%)	23,4±2,3	22,1±2,2	20,9±2,3	19,8±1,98	
10.	Flight phase (s)	2,45±0,61	2,42±0,58	2,29±0,71	2,08±0,54	
11.	Speed m / s	6,59±3,8	6,78±3,33	6,84±3,24	7,12±3,09	

Note: BS - before the study, ES - at the end of the study.

According to the data we studied, it was confirmed that the athletes were not able to show the planned results for the competition due to the occurrence of fatigue in training and competitions. The reason is that while the athletes were scheduled to average 1: 50.00 for the race, it can be said that the deficiencies shown in each step lost in the depressing, braking and flying phase showed their results in the competitions averaging 1: 53.16. In the control exercise held 8 days before the competition, this figure was 600 m. If we take into account that the distance planning resulted in the correct execution of the result of 1: 19.00 - 1: 20.00, their performance in the competition activities shows the complete opposite.

Also, their 800 m. The results obtained in distance running and control exercises were 200 m. when analyzed by cross-sections, the distance traveled, the number of steps, and the speed were as follows (Table 2, Figure 1, Figure 2).

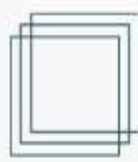
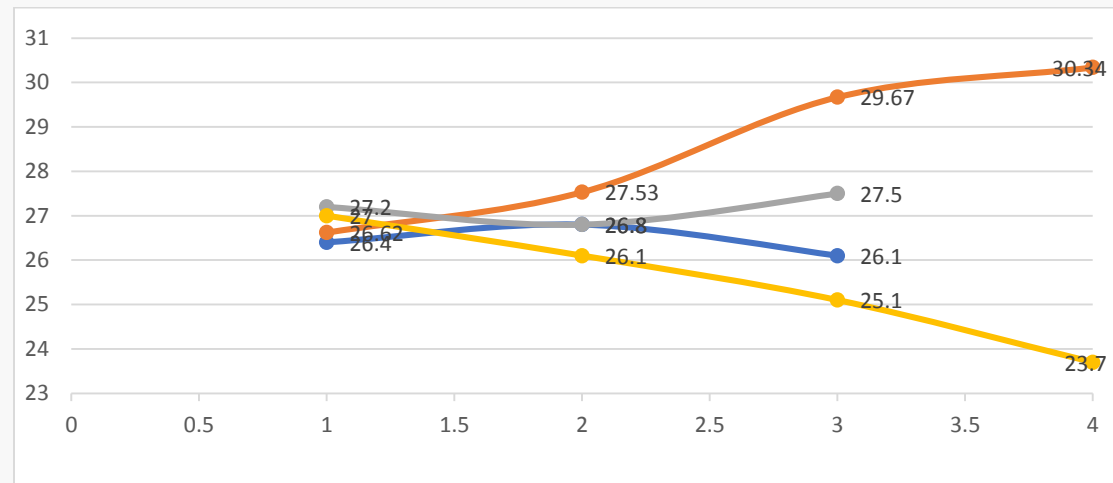


Table 2 Analysis of competitive exercises of middle-distance runners.

№	Distance	600 m	800 m	600 m	800 m	600 m	800 m
		hour		Number of steps		Speed	
	1 – 200M	26,4	26,62	108,5	109,1	27,2	27,0
	2 – 200M.	26,8	27,53	108,9	110,9	26,8	26,1
	3 – 200M	26,1	28,67	109,3	112,2	27,5	25,1
	4 – 200M	-	30,34	-	116,8	-	23,7

The diversity in running each of the 200-meter distances also depended on the location of these athletes in the distance. That is, the 1st 200 m. kesmani R.A. if the first was run, the 2nd and 3rd cuts were made by A.X. ran first. For this reason, there was no synchronization in the number of steps, running speed, and distance traveled relative to the control exercise.



— 600 running time — 800m running time — 600m km/s — 800m km/s²

Figure 1. Dynamics of distances and distances during training and competition activities.

Although the performance and competition indicators are close to each other, this small difference prevents athletes from showing their results in future competitions. If we take a broader analysis, during the 800-meter run, athletes run an average of 450 steps, losing 0.01 seconds in each step, which ultimately equals 4.5 seconds. If we compare these results with the results in the world arenas, they record results of 1:44, -1: 45.90. If we subtract the results of our leading athletes 1: 49.00 and 1: 50.00 from the above 4.0 - 4.5 seconds, our athletes will also be able to keep up with the performance in the world arenas.

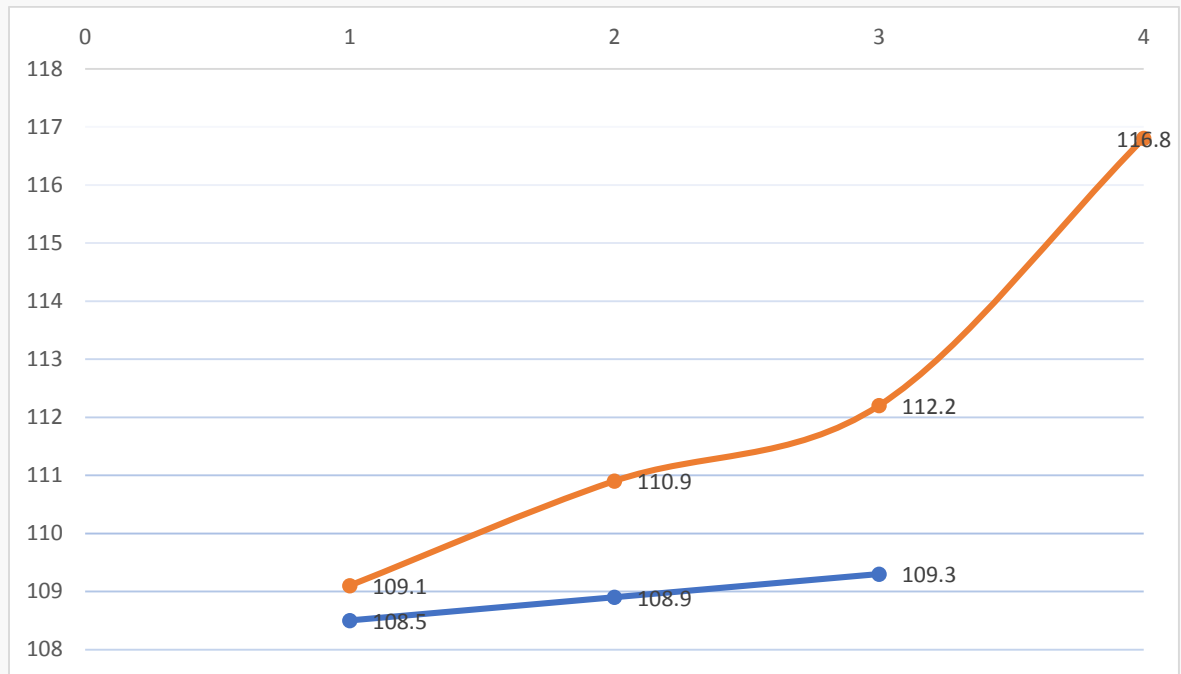
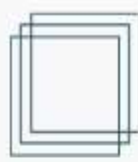


Figure 2. Dynamics of steps in running distances in training and competition activities.

If we analyze the fact that the running speed decreases with each cut, it can be said that the shortcomings of the coaches are obvious. We gave instructions to each athlete and his coach on the shortcomings observed in the research.

In summary, there is no stagnation in the functional and physical fitness of athletes through the tables provided. That is, there were no problems in performing the tools given by the coach during the training. He ran all the tasks planned by the coach according to the plan. But during control and competition, it shows the opposite result. We think this is due to the fact that our athletes do not have competition practice or they are less likely to start during the year.

It was also found that aerobic exercise accounted for 56% of the total exercise volume, which was low for running medium distances. According to the recommendations, it is necessary to increase the volume of aerobic exercise.

REFERENCES

1. Resolution of the President of the Republic of Uzbekistan dated March 9, 2017 No. 2821 "On proper preparation of Uzbek athletes for the XXXII Summer Olympics and XVI Paralympic Games 2020, which will be held in Tokyo (Japan)."
2. Decree of the President of the Republic of Uzbekistan dated March 5, 2018 PF 5368 "On measures to radically improve the system of public administration in the field of physical culture and sports." Lex.uz



3. Rozikovich.S.I, Vladimirovna.L.L, Shukuralievich.K.B, Functional training level of runners student-athletes sprinters // International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 05, 2020.
4. Shakirjanova K.T., Rozikovich.S.I, Vladimirovna.L.L Olimov M.S., Baratov A.M., Akmanov B.O., Saydkulov Z.V., Pedagogical technologies and interactive methods as a factor of increasing special knowledge of students //Journal of Critical Reviews, Issue 6, 2020.
5. Olimov MS, Tukhtaboev N.T., Soliev I.R., Ortiqov X.T. / Medium and long distance running style. Study guide. "Science and technology", –T .: 2016. p156.
6. Pavlova O.I. Modern training for young athletes. Moscow: 2004y .p160 .
7. Polunin A.I. Vyacheslav Evstratov's running school. Soviet sport. - M .: 2013. p.135.
8. Soliev I.R., Davidova K.R., Azamova G. E. Analysis of the training and management process management system in athletics. Academic Research in Educational Sciences. Volume2/Special issue 1/2021
9. Rakhimova.D Z / Improving the physical training of triathlons in the training group //Academic research in educational sciences. Volume 1/ Issue 3/2020
10. Soliev I.R., Kholbekova D.N., Davlatyorova L. B., Azamova G. E. / Improvement of technical training in short running athletics. // Academic Research in Educational Sciences. Volume2/Special issue 1/2021.