

## **METHODOLOGY FOR IMPROVING THE TRAINING PROCESS OF LONG-DISTANCE RUNNERS**

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### **Abstract**

The article highlights the improvement of the high training process based on the personal characteristics of the formation of the abilities, talents, capabilities, skills of athletes who run long distances.

**Keywords:** Sports selection, long-term training, movement qualities, morpho-strength factor, speed-strength endurance, complex exercises, qualitative and quantitative parameters, dynamic description, differentiation.

For the future of our country, the importance of physical education and sports in educating and raising a healthy generation is very great, in recent years, physical education and sports have become an integral part of young people's lives.

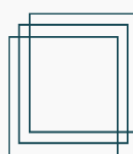
From this point of view, ensuring the development of children's mass sports as an extremely important condition for forming the physical and spiritual health of the growing young generation, striving for a healthy lifestyle and instilling love for sports in them is one of the urgent issues of today.

In the Decree "On measures to fundamentally improve the state management system in the field of physical education and sports" adopted by President Shavkat Mirziyoev on March 5, 2018, pre-school educational institutions, secondary schools, secondary schools in the field of physical education and sports development and selection of talented young people special, vocational educational institutions, higher educational institutions were designated as a priority. In particular, by attracting physical education teachers and sports trainers among students, to select talented young people and to form a sports reserve of specialized children's and teenagers' sports schools for participation in regional and republican sports competitions, extracurricular sports in Olympic and national sports. it is emphasized that it is necessary to organize classes of circles and sections (at least 6 hours per week).

If we make a comparative comparison with the results of sports in the championships of Uzbekistan, we can see that the difference between them has formed significantly. We believe that the formation of these results in such a way is due to the fact that the preparation training loads are incorrectly planned or the errors in the planning of the training methodology have a significant impact on the sports results.

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If we analyze the results of sports in international arenas, very high results are being achieved today. But when we study the results of Uzbek athletes in international competitions, we believe that one of the main reasons for the difference in sports results is that there are specific shortcomings in the annual training plan. Because it is necessary to distribute the types of preparation in accordance with the essence of the content. This is one of the urgent issues that cannot be solved today.

Sports selection is the search and orientation of talented athletes who have the opportunity to achieve high results in a certain type of sport.

Orientation to sports is to determine the prospective directions of achieving high sports skills based on the personal characteristics of the formation of the abilities, talents, opportunities, and skills of athletes. Sports Referral is a referral to a narrow sport specialty within a specific sport.

- to determine the personal structure of the multi-year preparation, the dynamics of loadings and the speed of growth;
- to determine the leading factors of training and competition activities that can have a decisive influence on the level of sports results of a certain athlete;
- may be related to the selection of tools, loads, methods that can negatively affect the development of the athlete's abilities, his formation as a person.

Thus, sports selection solves the problem of identifying promising athletes who can train great athletes in the future, and sports orientation determines the strategy and tactics of this training in the system of training and sports training. L.P. Sergeyenko.

Selection and orientation are closely related to the structure of improving the athlete's skills over many years of training. Based on this, it is appropriate to specify only five stages of selection in order to get an answer to the question of whether athletes can solve the problems at a certain stage of long-term training. Accordingly, the main task of sorting at each stage is determined (table).

1 table

According to F.A. Kerimov and M.N. Umarov on the relationship of sports qualification with long-term preparation stages.

Sports qualification		A multi-year preparatory stage
Steps	Tasks	
First	Determining the appropriateness of sports improvement in the chosen sport	First
Primary	Identifying capabilities for effective improvement	Primary
Intermediate	To achieve high sports results, to determine the abilities to withstand large loads of training and competitions	Specialized
Main	Formation of abilities to achieve international class results	Maximum realization of personal capabilities
Final	Maintaining and improving the results achieved	Maintaining results



Each of the listed selection stages has its own methods and criteria, accuracy of assessments and impartiality and rigor of conclusions. For example: if in the first stage of selection, anthropometric and morphologic indicators of athletes play an important role, then in the last, fifth stage, these indicators are almost not taken into account, the main focus is on achieved sports achievements, the size and nature of loads, psychological aspects of athletes, their social status and reasons for continuing to do sports is focused.

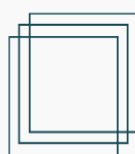
In the first and initial period of selection, without recommendations forbidding sports, the evaluations are mostly approximate and suggestive in nature, but in the later stages they become more precise. With these data, the aggregated studies form the basis for drawing conclusions based on the sum of the results.

At each stage of the sports selection, not only the appropriateness of the training of the athlete is determined, but also the athlete's abilities and capabilities, the strengths and weaknesses of the technical and tactical skills, functional training, the development of movement qualities, psychological characteristics are evaluated, the passed stage is deeply analyzed, its direction, size and the nature of loads, their compatibility with the athlete's personal characteristics are studied. All this information will be the basis for orientation in the next stage of multi-year preparation. Thus, the stages of sports selection are combined with the orientation of sports. (V.G. Nikutushkin)

The tasks of a certain stage of sorting and routing determine the place and importance of the information received in each of the specified directions. For example, health information is equally important for all five stages. Information about the structure of the body, the characteristics of the nervous system, the capabilities and development prospects of important functional systems of the body, the ability of a young athlete for a certain sport is especially important when the future specialty is determined, and the long-term training process is directed. The level of sports results, the ability to achieve high performance in difficult conditions, competition experience, the ability to adapt to the conditions of certain competitions are of decisive importance in the fourth and fifth stages.

A person's movement activity has a genetic basis in many ways, which is especially evident in sports. It is natural that genes occupy a large place, because the gene directs all the chemical reactions of the organism and determines its characteristics, creates the basis for the process of synthesis of certain proteins, enzymes, etc.

A large number of studies carried out during the last decades show that genetics has a great influence on the formation of the athlete's phenotype as the characteristics of the organism formed under the influence of the offspring and the external environment. The data in table (2) can give a general idea about the transmission of morphofunctional signs and movement qualities of a person from generation to generation.



## 2 tables Heredity of the main morphofunctional characters of man

Symbol	Pedigree
Body, arm and leg length	High
Waist, shoulder and front length	High
Shoulder and chest width	Big
Neck, shoulder, shoulder girth, hip, calf circumference	Medium
Body weight	Big
The ratio of muscle BS- and MS tissue	High
Anaerobic production	Big
Aerobic production	Big

These data can be supplemented with the results of experimental assessment of genetic inheritance and family similarity in relation to a number of important indicators of the athlete's functional potential.

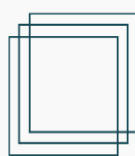
## 3 tables

### **The heredity of the main movement qualities of a person**

Symbol	Pedigree
Normal motion exposure time	High
Normal action time	Big
Maximum static strength	Big
Maximum dynamic force	Medium
The power of speed	Big
Coordination	Medium
Flexibility	Big
Local muscle endurance	Big
Global muscle endurance	High

The main criterion for evaluating the prospects of a young athlete is his ability to improve in sports. After the first 2-3 years of initial training, and well before reaching the reasonable age limit for a particular sport, it is difficult to draw conclusions about a young athlete's ability to achieve results at the international level in the future. However, it is necessary to determine the appropriateness of physical improvement and its orientation, to guide the athlete for further development. These tasks can be solved on the basis of a comprehensive analysis, in which it is necessary to take into account the morphological, functional, psychological characteristics of young athletes, their ability to adapt, their sensitivity to the loads of training and competitions, the acquisition and improvement of new movements.

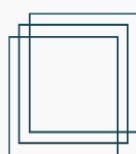
1. The training of runners, in turn, is planned for many years. During this period, major international competitions - Olympic Games, regional championships and others are planned.



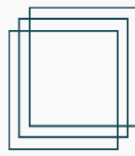
2. Currently, the annual cycle of training is the basis of multi-year training planning. It allows beginning athletes to get into the sports form required for participation in initial competitions, and also allows adult athletes to restore and improve the existing foundations for entering a new, relatively high-level sports form. The annual training cycle is divided into three periods: preparation, competition and transition periods.
3. In the first preparation, the athlete's speed-strength and aerobic capacity will be increased. The total volume of the run is 90-100% of the planned maximum volume. The volume of running in the mixed method is 25-30% of the total volume in middle-distance runners and runners over 3000 meters, and 35% of the total volume in long-distance runners (staers) and marathon runners. Anaerobic running is 3% for middle-distance runners, and 1-2% for long-distance runners, marathoners, and 3000m hurdlers. The number of lessons can be 14, and in some cases up to 16 (per week).

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