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DISTRIBUTION OF TRAINING LOADS AT THE STAGE OF COMPETITIVE PREPARATION FOR MIDDLE RUNNERS

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ABSTRACT

It is proposed to distribute the training load during the annual period of training as follows, during which it is necessary to "collect" as much load as possible during the training period or to reduce the load during the competition and increase the intensity, at the expense of participation in competitions. It is proposed to distribute the training load during the annual period of training as follows, during which it is necessary to "collect" as much load as possible during the training period or to reduce the load during the competition and increase the intensity, at the expense of participation in competitions.

KEYWORDS: *Harmoniously, Didactically, Training, Resolutions, Glorifying.*

INTRODUCTION

Due to independence, special attention is paid to the development of physical culture and sports in our country. This attention also serves as a guarantee of sports performance, but also the formation of the nation's gene pool and upbringing of a harmoniously developed generation, physical culture and sports on the basis of decrees and resolutions adopted by the President and the Government. Yesterday's young athletes are taking the podium not only in Uzbek sports, but also in the Olympic Games, world and Asian championships, glorifying our country in the eyes of the world community.

But just as the "wheel" of progress cannot be stopped, so can the results of sports. Therefore, it will be necessary to form and improve the system and methods of training competitive athletes, to create and use innovative technologies. These problems, in turn, emphasize the importance of training highly qualified personnel in the field, the organization of training and competition on a scientific basis, expanding the scope of training talented athletes.

Of course, in recent years, a number of scientific institutions have begun to conduct valuable research in this area [12,13,15].

However, the quality and effectiveness of trainings in local sports schools, sports clubs, competitions organized at the district, city and regional levels is not enough. In particular, despite the fact that athletics, which has long been included in the program of the Olympic Games, is part of all regular competitions in the country, in particular, Umid Nihollari, Barkamol Avlod, Universidad, there are still world-class masters of this sport. not grown.

The results of pedagogical observations and statistical data and scientific research [1,2] show that in secondary schools, AL, KHKs and even in the branches of athletics clubs in higher education institutions, certain types of this sport (short, medium and long distance runners, length and height) jumpers, spears, hammers and discus throwers, etc.). Classes are not didactically based on the periodicity of multi-year sports training, differentiated methods and tools. This problem is especially relevant to the training process of athletes who run medium distances. If the content, scope, intensity and direction of training in the general and special physical training stages of athletes in the training and development groups of this specialty in athletics are recognized as relatively expedient, the pre-competition stage of training is not formed at the level of modern requirements.

Therefore, today the issue of preparing middle-distance runners for competitions in the conditions of higher and secondary special education institutions as a scientific object is of great theoretical and practical importance.

The purpose of the study: to develop and scientifically substantiate the program of preparation of middle-distance runners for competitions during the academic year.

Research tasks:

1. To study the training cycle used in the pre-competition training phase of athletes running 800 m.
2. Develop a pre-competition training program for middle-distance runners that is inseparable from the curriculum and determine its effectiveness on the basis of pedagogical experience.

The object and subject of research: the methodology of preparation and application of pre-competition training in the preparation of athletes for the middle distance, taking into account the theoretical and practical training in the curriculum of the sports school, adapted to the annual training load of athletes.

The distribution of training loads is an important issue in deciding the training cycle planning.

Leading experts [4, 6,11] suggest the following approach: the distribution of loads is carried out on a weekly basis for the four stages of preparation (each of these stages has a definite number of preparation weeks). Each period is given a general direction in the distribution of loads. For example, during the training period (autumn-winter) the total volume of loads should increase and the intensity should decrease, while during the competition period, on the contrary, the total volume of loads should decrease and the intensity should increase.

Detailed control of training loads, calculation of applied training methods and control of them at different stages of training will allow increasing sports results.

Thus, in fact, all the loads of the runner are focused on the development of various physiological factors and mechanisms that provide energy to the body, and are evaluated and distributed based on the concepts of total volume and overall intensity.

According to the scholars [18,19], they link the distribution of training loads to the preparation periods, relying on concepts such as 'cumulative result', 'delayed information result' and 'perception of physical qualities'. The first concept is based on the effective effect of the athlete's speed on the performance and the ability to maintain this effect for a long time, and on the other hand, the generalization of the effect of long-term training, which focuses on the development of various physical qualities over time. In this case, the different physical qualities are based on the exact order of the training sequence, and the training periods are based on the duration.

It is proposed to distribute the training load during the annual period of training as follows, during which it is necessary to "collect" as much load as possible during the training period or to reduce the load during the competition and increase the intensity, at the expense of participation in competitions.

The training of athletes running medium distances [20] is divided into nine stages, and for each stage the loads and the main means of training are distributed.

1. Attractive.

Loads: strengthening the musculoskeletal system and musculoskeletal system, preparing for work the leading functions of the body.

Tools: jumping exercises, stationary exercises, speed-strength exercises of a movement nature, aerobic running (YUQS 150-160 zar / min).

2. The first main stage.

Downloads: improving aerobic results, developing leg muscles to maximum strength, training the ability to move at speed while running.

Equipment: aerobic mode (UPS 150-160 rpm), sand and uphill running (distances of 0.5-2 km), jumping exercises.

3. Winter pre-competition stage.

Loads: special endurance training, improvement of technique to maintain the achieved level of strength, running speed and tactics.

Means: re-running (at distances of 200 m and above), jumping, anaerobic races.

4. Winter competition stage.

Downloads: to achieve a high level of special working ability, to use the accumulated capabilities, to improve anaerobic mechanisms, to cultivate a sense of speed.

Means: anaerobic mode (40-50 min.), Restorative running (6-8 km), high speed running (100-200 m).

5. The second main stage.

The loads and tools are the same as in the first main period, but the intensity of the exercises is higher.

6. Summer pre-competition stage.

Downloads and tools are the same as in the pre-winter stage.

7-8. the first and second stages of the race.

Downloads: to create the most convenient training cycle, to achieve a high level of special work ability, to improve technical and tactical skills.

9. Transition (recovery) period At this stage, various forms of good rest are the main means.

Scientific research on other sports has taken a different approach to the distribution of training facilities. VN Platonov [23] believes that the training practice of highly qualified swimmers convincingly demonstrates the possibility of varying the training cycle throughout the year [7,8] suggest a planning model for endurance (medium and long distance) tour groups of the sport; this model shows that the preparatory loads consist of the following sequence: 1 total endurance; 2 speed; 3 fast endurance. The whole cycle of training is aimed at the systematic development of strength and speed endurance for the responsible stages of the race. At the same time, they suggested the use of strength-building exercises for training periods.

The main [14] distribute the loads over the entire speed range. Here, medium and long distance runners are used as the main engine load. In the study, it was stated that the load distribution depends on the skill level of the runner. In the training of highly qualified "mid-distance" the main focus is on the speed-power base, on the basis of which the aerobic productivity of the organism is increased. For the rest of the runners, it is advisable to increase aerobic capacity in the first stages of the training period. [27] suggests the preservation of its specificity when planning training loads at different stages of training, i.e. the development of the body's systems and functions in ensuring sports results.

It should be noted the following:

a) most experts associate the distribution of training loads with preparation periods, but as we have mentioned, views on the distribution of training loads are as different as views on the distribution of training loads;

b) The theory of periodicity, which allows the distribution of training loads, is given very nicely, but unfortunately, its rules have not been confirmed in practice or practice.

When running a distance of 800 m, especially in the training of athletes aged 14-16, the main indicators of training loads are their size and intensity.

Two initial levels of lactate accumulation have been identified, which characterize the beginning and end of the aerobic-anaerobic regime zone. Typically, aerobic onset is detected closer to the end of the aerobic-anaerobic regime zone.

**TABLE 1 AEROBIC-ANAEROBIC TRANSITION PHASES AND THEIR
PHYSIOLOGICAL CHARACTERISTICS
(F.P. Suslov, 1986)**

Indicators Aerobic-anaerobic transition phases I II III	Indicators Aerobic-anaerobic transition phases					
	I	II	III	I	II	III
Start type Aerobic start Anaerobic start	Start type Aerobic start	Start type Aerobic start	Start type Aerobic start	Start type Anaerobic start	Start type Anaerobic start	Start type Anaerobic start
Metabolism type Aerob Aerob-anaerobic Anaerobic	Metabolism type Aerob Aerob-anaerobic Anaerobic	Metabolism type Aerob Aerob-anaerobic Anaerobic	Metabolism type Aerob Aerob-anaerobic Anaerobic	Metabolism type Aerob-anaerobic Anaerobic	Metabolism type Aerob-anaerobic Anaerobic	Metabolism type Aerob-anaerobic Anaerobic
Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids	Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids	Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids	Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids	Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids	Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids	Energy nutrient medium Fatty acids Fatty acids, glycogen Glycogen, fatty acids
% <40 40-80> 85 from MKO	% <40 40-80> 85 from MKO	% <40 40-80> 85 from MKO	% <40 40-80> 85 from MKO	% <40 40-80> 85 from MKO	% <40 40-80> 85 from MKO	% <40 40-80> 85 from MKO
% Of loss <65 65-90> 90	% Of loss <65 65-90> 90	% Of loss <65 65-90> 90	% Of loss <65 65-90> 90	% Of loss <65 65-90> 90	% Of loss <65 65-90> 90	% Of loss <65 65-90> 90
Lactate concentration, mol / l	Lactate concentration, mol / l	Lactate concentration, mol / l	Lactate concentration, mol / l	Lactate concentration, mol / l	Lactate concentration, mol / l	Lactate concentration, mol / l

The effectiveness of downloads depends on its size. Approximately the same results can be achieved when running long distances at low speeds or when running short distances at high speeds.

**TABLE 2 ACCORDING TO F.P. SUSLOV IN 1986 THE YQS DEPENDS ON THE
INTENSITY OF THE LOADS AND THE EXPERIENCE OF THE RUNNERS**

Intensity zones 1st 2nd 2nd 3rd 4th Aerobic zone Anaerobic zone	Intensity zones			
	1st 2nd 2nd 3rd 4th	2-чи	3-чи	4-чи
	Aerobic zone Anaerobic zone	Анаэроб зона		
Long-distance runners and medium-distance runners 126-138	Long-distance runners and medium-	138-150 (23-25)	150-162 (25-27)	162-174 (27-29)

	distance runners 126-138			
(21-23) 138-150	(21-23) 138-150	144-156 (24-26)	156-168 (26-28)	168-180 (28-30)
(23-25) 150-162	(23-25) 150-162	150-162 (25-27)	162-174 (27-29)	174-186 (29-31)

With this in mind, load volumes are recommended for different intensity zones, taking into account the athlete's age, experience, and specialization. There is no mention of the volume of loads in the 1st zone of intensity, as it is the training cycle, the micro-mesocycle, as well as

The factors reflected in Table 3 depend on the objectives.

TABLE 3 VOLUME OF TRAINING LOADS FOR DIFFERENT ZONES OF INTENSITY (ACCORDING TO T.BARACHINSKY, 1989)

Exercise category Intensity zones 2nd 3rd 4th Aerob Anaerobic zone	Exercise category Intensity zones			
	2nd 4th	3rd	3-чи	4-чи
	Aerob Anaerobic zone		Анаэроб зона	
Qualified runners for medium and long distances 20	Qualified runners for medium and long distances 20	16 (60)	11 (40)	
(80) 16	(80) 16	12 (45)	8 (30)	
(60) 11	(60) 11	9 (35)	6 (20)	
(40)	(40)	6 (25)	3 (12)	
Qualified runners aged 14-16 for medium and long distances 15				

It gives the upper limits of training loads. It is necessary to take into account the training stage of the runner, the current level of his ability to work, training tasks and a number of other factors. Exercises with limited volumes, especially in zones 3-4 of intensity, have a strong effect on the athlete and cause deep damage to the homeostasis of the organism. Full recovery takes 48-72 hours or more. Therefore, training in zones 3-4 of intensity should not be more than two to three times a week in adults and once or twice in athletes aged 14-16 years.

The initial speed of running is a clear indicator in assessing the level of endurance [5].

Based on the size of this indicator, a classification of endurance levels was developed, according to which non-trained individuals ran at an anaerobic start speed of 3.0-0.5 m / s, idle individuals at 3.5-4.0 m / s, highly qualified athletes at 5, They reach 3-5.6 m / s.

Several attempts have been made to develop approximate methods for estimating the overall intensity of periodic loads used in training sessions. In recent years, German scientists have proposed a complex indicator, which consists of an increase in the speed of movement and the volume of training. The author [14] proposed a similar method, the only difference being that the volume is multiplied not by speed but by a conditional coefficient that takes into account the difficulty in performing the exercise. Scientists [26] have suggested that in the classification of running loads, exercise work has been shown to increase growth rates with age, with 3 modes of energy supply: aerobic, mixed, and anaerobic.

For I and II category athletes [17], the following volumes of annual intensity zones are recommended: The weekly volume of aerobic exercise load in preparation for the competition period is 235–420 min. changed around. Recommended distribution of exercise loads: 67% of aerobic capacity, 20% of mixed, 13% of more anaerobic capacity. The most important challenge in preparing 14-16-year-old athletes for race activities for medium distances is to plan and schedule individual training sessions on the micro and mesocycles of the MOT phase, which allows for a reasonable distribution of training loads after each individual load.

Knowing the recovery periods after each workout in this or that direction will allow athletes of this age to avoid overloading and preventing athletes from overtraining at this crucial stage of training.

A different approach, i.e. the author of the complex lesson, is A. Lidyard [16]. He proposes to harden all the systems and functions of the body in one microcycle, and these systems and functions ensure the growth of sports results, but one direction is used in each exercise.

Here is an example of a microcycle plan:

Monday: 1/4 force 2x880 yards, 1/3 force 1 mile.

Tuesday: 1/2 force 2 miles.

Wednesday: 1/2 power 6x880 yards.

Saturday: 1/2 power 20x220 yards.

Sunday: Long run.

The authors [21,22] suggest the use of exercises in different directions in a single training session in swimming. This approach was proposed by AM Yakimov [27] in the training of athletes running medium and long distances. The main method of planning he uses is tentative plans.

In addition to general recommendations, many recommendations can be found in the scientific and methodological literature, including reference volumes and approximate plans for training [14]. The work can be divided into three speeds used in the training of runners for medium distances:

1. The speed needed to keep the desired running speed at a steady pace while running over most of the distance. This speed is directly related to its ability to withstand large oxygen debt.

2. Apply tactics in the cycle of tactical struggle with opponents by "accelerating" speed or correct distribution of distance.

3. The speed of moving forward at the finish line.

At the same time, examples from special work are given, in which the ability to withstand the oxygen debt caused by high-speed running is improved. These exercises consist of a series of small repetitions of small distances, which again includes a very long rest interval between repetitions.

Scientists from around the world who have worked on several medium distances have analyzed the data in their research as follows.

Leading scientists [7,8] have suggested that a 15x400 m workout (running 200 m at a stop at a stop) would be more rewarding if the three series ran from 5x400 m, running at a steady pace at stops between 200 m runs, and 400 m between series. .

In his work, he revealed some training secrets of Moroccan runners [24]. This was done by D. Dionysi, a coach who works with runners in Morocco. The November-December workouts focus on developing the highest aerobic capacity, usually in the form of running between 1,000 and 400 m. For example, the rest between repetitions of 2-5x1000 m is 1: 30.0 s. with a rest interval of 3: 00.0 and a rest interval between 25x400 repetitions of 40-60 s. will be. Accelerated uphill running range will be repeated for 150 m to develop strength capabilities and improve running technique, as well as continuous running in the aerobic direction.

According to F.P. Suslov [25], we can see the specific preparation in the training of the Ethiopian S. Auita on running on the border of aerobic and anaerobic cycles. He believes that maintaining high speeds over distances cultivates complex abilities. S.Auita conducted aerobic and anaerobic training in the following ways:

- 300 m. - 38.8 rest - 1: 57.0; 600 m - 1: 23.4, rest - 3: 55.0;
- 200 m - 24.3 rest - 1.56; 400 m - 52.9, rest - 3: 51.0;
- 800 m - 1: 57.6 rest - 3:54; 400 m - 54.5, rest - 6 s; 300 m-40.1.

Research has shown that doing a sufficiently large amount of work at a rate that exceeds the race speed in the run-up to the race has a negative impact on the outcome. [9,10] has shown that a simultaneous increase in volume and intensity when running short distances in the direct preparation phase of a middle-distance runner does not help to increase the outcome of the main sport, but in some cases leads to deterioration. Researchers have also shown that only increasing size or intensity has a positive effect on athletic performance.

The establishment of a micro cycle system in the MOT phase depends on three very important cycles:

- The interaction of fatigue and recovery cycles and the order of exchange of relatively high and low loads with rest;
- The need to re-apply the exercises in different directions, which are interrelated;
- General order.

According to A.F. Boyko [3], in medium-distance runners it is preferable to teach the methodological and biological expediency of the distribution of loads in days, rather than quantifying the amount of work done in the planning of training loads in stages. When tired of strength training, special-strength exercises are removed from training 7-12 days before the start of competitions and can be included in pre-competition writing exercises. In addition, the author believes that in order to restore the strength of the leg muscles and increase their tone, it is necessary to shorten the running regimen for the next 7-10 days and include daily jumping exercises.

In short, imagining which zone the 800-meter run belongs to, its physiological characteristics, plays an important role in the correct choice of tools and methods in preparing 14-16-year-old athletes for the main starts of the season.

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