



TRAINING LOAD OF YOUNG ATHLETES

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Annotation:

The article To solve the problems of training athletes, it is necessary to apply heavy loads in classes (in terms of volume, intensity, coordination complexity of exercises and mental tension). Of course, this must be approached gradually. An increase in the load in group athletics classes is achieved by increasing their density (group starts and acceleration, streaming performance of jumps, the use of a large number of shells in throwing, group performance of smooth running and running with obstacles, relay races, games, special exercises).

Key words: Training, athletes, games, special exercises, jump

The impact of training means on the athlete's body - on his mental sphere is called training load. Naturally, in competitions this is a competitive load. Depending on the type and nature of exercises, methods and amount of work, the conditions in which it is performed, the load can be more or less, affect the entire body as a whole or only some organs, systems and muscle groups. In some cases, the load is especially felt in the muscles, in others it manifests itself in shortness of breath, thirdly - in mental fatigue, etc. But always the load should be considered as a combination of the effect on the body of the volume of training work (quantity, duration), intensity and complexity exercise performance (degree of neuromuscular effort, mental tension) and the size of the rest intervals. Therefore, when determining the load, all its component sides are taken into account.

To solve the problems of training athletes, it is necessary to apply heavy loads in classes (in terms of volume, intensity, coordination complexity of exercises and mental tension). Of course, this must be approached gradually. An increase in the load in group athletics classes is achieved by increasing their density (group starts and acceleration, streaming performance of jumps, the use of a large number of shells in throwing, group performance of smooth running and running with obstacles, relay races, games, special exercises).





Training loads are also increased by more intensive exercise in the preparatory part of the lesson, greater repetition of running, jumping, throwing, reducing the breaks between them, using the flow and circular methods. To increase the load, training exercises are used, conducted in the form of competitions, relay races and games, including competitions for throwing accuracy, responsiveness, etc. Emotional lifting allows you to perform such exercises more intensively. Along with this, exercises are included that do not cause emotions, but require great perseverance and perseverance.

To increase the load (especially in volume) and protect the muscles and joints of the legs from injury, running, jumping, throwing and special exercises are performed on elastic soil (lawn, sawdust path, etc.). At the stadium, you can use a sawdust track for jumping and other special exercises, but it is better if there is an elastic, synthetic one. High jumpers and pole vaulters have now significantly increased the number of jumps by using high cushioning pads for landing. The growth of sports results is facilitated by an increase in the volume and intensity of funds aimed at developing general and special endurance, speed-strength qualities, coordination of movements and flexibility, as well as an increase in the amount of funds for improving the technique of movements. Experience has shown that an increase in the volume and intensity of training for the development of special endurance and speed-strength qualities created a solid foundation for increasing the absolute speed of running, improving results in jumping, throwing and all-around events. The number of repetitions of the main exercise with high intensity per season should be:

Number of attempts (jumps, throws)

N ^o	View	number
1	Triple jump	400-500
2	Long jump	700-750
3	Pole vaulting	1200-1500
4	High jump	1500-1800
5	Hammer throwing	2000-2500
6	Shot put	3000-4000
7	Discus throw	5000-6000
8	Mine throwing	8000-10000



Focusing athletes on the intensity of training, and, consequently, on increasing the load, one must be aware that the above figures are not the limit, that today some of the strongest athletes in the world already have higher levels, that an even greater amount of exercise is performed in the chosen form of athletics. If the intensity is slightly lower than the competitive one, it can be very useful on the way to high skill. Variation plays a special role in increasing training volume. The coach and athlete must learn to use the great art of all the rich arsenal of training tools, their volume and intensity. And here the variability of the training process comes to the fore. Training must be able to be structured so that, despite the large volume or intensity, it does not deplete the body, and especially the athlete's nervous system.

If one and the same training option and the same means are used day after day, if the exercises are unemotional, uninteresting, then it will not be possible to withstand the training for a long time at the required level of load. Both theory and practice speak of that. That such monotony inhibits growth.

Table 1 Training objectives and the approximate level of the training load.

№	Preparation tasks	Approximate level of training load				
		generally	By volume	By intensity	By coordination	By mental
1	Strengthening organs and systems, improving the functional capabilities of the body in	Medium, large	Medium, large, maximum	Small, middle	Small, middle	Малый
2	Building a special	Middle, large	Middle, large, maximum	Middle	Small, middle	Small, middle
3	functional "foundation" in relation to the requirements of the chosen type	Large, maximum	Middle, large, maximum	Middle, large, maximum	Small, middle, large	Small, middle
4	Achieving the greatest functional capabilities of the body through hyper compensation (restoration of functional capabilities with an excess of the level available before the load)	Middle, large	large, maximum	Middle, large	Small middle large,	Small, middle



5	Consolidation and maintenance of functional capabilities, as well as morphological and biochemical changes at the achieved level	Small, middle	middle large	Middle, large maximalinen	Small,middle, large,maximalinen	Small,middle, large,maximalinen
6	Acquisition of motor skills and abilities in sports technique and tactics	Large, maximalinen	Small, middle	Large, maximalinen	Large, maximalinen	Small,middle, large,maximalinen
7	Strengthening motor skills in sports technique and tactics	Small, middle	Middle, large	small	small	small
8	Providing more active recovery after exercise, training session, competition, (active rest)	Medium, large	Small, middle	Middle, large	Middle, large	Small, middle

Physical qualities, impairs motor skills and leads to overtraining. Continuous variation of the means used creates conditions under which the athlete's fatigue is excluded, the recovery processes in his body are activated and the athlete has the opportunity to progress continuously. Variation should take place in a training session, a weekly cycle, a monthly plan, as well as in competitions that are different in scale, objectives and behavior. However, it must be remembered that when different tasks are violated and different means and methods are used, the increase in volume and intensity is not the same (Table 1).

The level of load is judged by subjective feelings and objective indicators. The former include feelings of general and local difficulty in performing the exercise, a feeling of inability to continue working at a set pace (muscles weakened, lack of breath, volitional tension decreased, pains in the liver or spleen, etc.). An experienced athlete very accurately evaluates his condition by subjective sensations (based on the assessment, he can change the volume and intensity of the exercise).



But the main role is played by objective indicators: changes in the effectiveness of movements and actions (running speed, jump height, throwing range, etc.), deterioration in the technique of movements. Indicators of changes in the functions of organs and systems, heart rate per minute (HR) and respiratory movements, blood pressure, pulmonary ventilation, oxygen consumption, blood picture, recovery time, etc. are gaining more and more importance. shifts in heart rate. The load level can be roughly determined based on the data specified in (Table 2).

Table 2

Load value and heart rate

Load value	Heart rate (bpm)
Small	До 120
Average	120-150
Big	150-180
Maximum	180-240

Of course, one must reckon with the level of fitness of athletes, so that along with its growth, the body improves, the work is economized and the athlete performs the exercise with a lower heart rate than before. At the same time, a more prepared athlete is able to tolerate significantly greater shifts in heart rate than an unprepared one, and, therefore, can achieve very high performance in work.

It is also necessary to take into account the fact that for various reasons the heart rate with the same work can be higher in hot weather, in a warm suit, following a great physical and mental stress, after an illness, etc. In addition, in different types of athletics cardiac requirements are not the same. For example, in running at 400 and 800 meters, as well as during finishing accelerations at longer distances, the heart rate reaches a very high value. In the 100 and 200 m sprints, a high heart rate is observed once after the finish. In jumping and throwing, the heart rate does not rise high under the influence of the exercise itself, but under competition conditions it can reach 150-170 beats / min.



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