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Ways to Build Endurance in the Beginning Boxing Training Group

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***Abstract*:** *In this article, increasing the endurance level of children, firstly, strengthening cardiovascular activity; secondly, to save and spend energy generated during the operation of functional systems; thirdly, it implies full use of functional capabilities.*

Key words: *endurance, junior high school age, aerobic, energy, organism, muscle.*

Children of small school age have a much lower level of endurance. However, by the age of 10, their ability to perform high-speed work multiple times (repeated short-distance running) and relatively long periods of low-intensity work (slow running) increases. So, slow running can be successfully used to develop endurance from elementary school age.

It is necessary to pay great attention to the development of general endurance from the first training. In this case, it is recommended to use a long slow run of one pace.

The authors describe methods and techniques used to develop general endurance during exercise, as well as an experiment conducted by a group of trainers and its results.

The ability to resist fatigue in an activity is called endurance.

General endurance is a person's ability to perform unusual activities for a long time and successfully.

The functional characteristics of the human body are the basis of the manifestation of general endurance. They form a non-specific basis of resistance to various types of motor activity.

This is, first of all, vegetative functions, including the productivity of the aerobic source of energy. For example, the uniqueness of a person's ability to breathe is not so noticeable. It does not depend so much on the external form of movement. Therefore, if someone can significantly improve their aerobic capacity through running, this will have a positive effect on the performance of other activities (walking, rowing, etc.). A non-specific, generalized level of training with exercise based on improving

the work of the vegetative systems of the body creates favorable conditions for a wide transition from one type of endurance activity to another. Therefore, there is a basis for defining this type of endurance as "general". As the duration of muscle work increases, endurance transfer increases (Volkov.N.I and others, 1994). The positive transfer effect of general endurance is widely used in sports practice and professional physical education. Children of small school age have a much lower level of endurance. However, by the age of 10, their ability to perform high-speed work multiple times (repeated short-distance running) and relatively long periods of low-intensity work (slow running) increases. So, slow running can be successfully used to develop endurance from elementary school age.

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This is, first of all, vegetative functions, including the productivity of the aerobic source of energy. For example, the uniqueness of a person's ability to breathe is not so noticeable. It does not depend so much on the external form of movement. Therefore, if someone can significantly improve their aerobic capacity through running, this will have a positive effect on the performance of other activities (walking, rowing, etc.). A non-specific, generalized level of training with exercise based on improving the work of the vegetative systems of the body creates favorable conditions for a wide transition from one type of endurance activity to another. Therefore, there is a basis for defining this type of endurance as "general". As the duration of muscle work increases, endurance transfer increases (Volkov.N.I and others, 1994). The positive transfer effect of general endurance is widely used in sports practice and professional physical education.

For the development of general endurance, exercises that are far from competitive exercises or professional activities, but are considered highly effective for the cardiovascular and respiratory systems, are often used.

The author states that the level of resistance to work of an aerobic nature can be increased by using appropriate modes of intermittent and alternating styles. The main method of interval training is that the heart rate reaches its maximum values during the rest intervals after performing relatively strenuous work.

Boys: In 10-year-old boys, body mass index can provide a lot of information about the somatic system. It is related to the size of the circle. The average correlation of this sign with length parameters and body diameters is observed. The circumference of the wrist is correlated with the circumference of the body at the level of r=0.70-0.90, with the dimensions of length r=0.40-0.60, and with the diameter of the body.

Thus, all circumference dimensions of the body have a high correlation with each other in 10-year-old boys.

As for the length of arms and legs, their degree of correlation is equal to r=0.78-0.87. Shoulder diameter also depends on these signs. Length dimensions have an average correlation with the

remaining diameters. The parameter representing the level of fat accumulation also has a low correlation. The diameters of the body are interconnected at the level of r=0.60-0.70. The degree of fat accumulation is highly correlated with circumference measurements and to a lesser extent with length parameters and body diameter.

The obtained data indicate that a high degree of correlation is observed between body circumference, body mass and fat accumulation level, length parameters, and body diameter.

A slightly different relationship is observed between the studied signs in 11-year-old children. The most informative marker - body mass - comes in second place, and the first place (in terms of information) is chest circumference. The difference in correlation between them is not big, r=0.12 is the correlation. These traits are highly correlated with all others—circumference, length, and body diameter.

Except for the weak correlation between body weight and transverse breast diameter. Circle sizes, like previous ages, are highly correlated. This relationship is at the level of r=0.60-0.70 with length parameters, r=0.5-0.70 with diameters, and r=0.70-0.80 with fat accumulation.

Length parameters are highly correlated, as in previous ages. Between the diameters of the body, there is an average correlation in one case, and a low correlation in the other case.

The degree of fat accumulation has a high correlation with circumference dimensions and a low correlation with length and body diameters.

At the age of 12, the correlation between the factors of the somatic system decreases somewhat, that is, there are no significant changes in information. Similar to previous youth, circumference measurements and body mass are informative and highly correlated.

The greatest correlation is observed between body mass, shoulder and wrist circumferences.

Circumference and body mass have a weak correlation with length parameters. In some cases it is very weak. At the same time, the length of the body, arms and legs is 0.80-0.90 dependent on the total length factor.

There is a decrease in correlation between the diameters of the body. Fat accumulation has a high, low correlation with length parameters and body diameters.

Correlations of internal length, girth and body diameters correspond to the level observed in previous youths. Their information value has changed somewhat.

Thus, in 11, 12, 13-year-old boys, changes are observed in the relationship between the growth and development of the organism and signs.

During training, the heart rate is around 130-150 beats per minute. The work is carried out under severe static conditions in the oxygen regime and can be performed without reducing efficiency.

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