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Complex-combined methodology of health-improving activities for middle-aged cyclists

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Abstract

Purpose: Develop complex-combined methodology of health-improving physical training for middle-aged cyclists for middle-aged cyclists.
Methods: To achieve the goal of the work and to solve the set tasks of the dissertation work we used a number of research methods:
1. analysis, generalization of theoretical research materials.
2. Pedagogical testing.
3. Pedagogical experiment.
4. Mathematical and statistical methods.
In our experiment we referred to pedagogical testing by the first method, anthropometry.
Results: After 6-8 months of training, the students had to ride a continuous distance of 800-10000 km, in a team. Attention was also paid to the technique of riding on the highway, because - the better the technique, the greater the distance can be ridden in a training session.
As can be seen from Figure , the time to complete the races was reduced in the experimental group, by a significant for cyclic sports in seconds.
Conlcusion: Analysis of comprehensive orientation indicators of mature men (40-49 years old) regularly attending health-improvement classes showed that 85% of them have sympathotonic type of vegetative regulation of heart rhythm, 15% have vagotonic type of regulation. Also, the overwhelming majority of the participants had optimal tension of regulatory systems - 80% of men, but 20% of them showed moderate (10%) and pronounced (10%) tension, which signals the expenditure of functional reserves of the organism, emotional stress and fatigue in this contingent of the examined.
Keywords: cycling sport, training plan, destiny of cyclists, national team, summer and winter period, road and track.

Introduction

The Union Cycliste Internationale (UCI) manages and promotes nine cycling disciplines. These include road cycling, track cycling, mountain biking, BMX racing, BMX freestyle, paravelo, cyclo-cross, cycling triathlon and indoor cycling.

Five of these (road and track cycling, mountain biking, BMX supercross and BMX freestyle) are part of the Olympic Games, two (road and track cycling) are part of the Paralympic Games, and four (road cycling, mountain biking, BMX supercross and BMX freestyle) are part of the Youth Olympic Games. Cycling has been included in the program of all modern Olympic Games. Today, cycling ranks third among all sports represented at the largest sports tournament on the planet in terms of the number of medals (66) and the number of participants (528).

Therefore, UCI strives to develop its programs under the motto “Bicycle for All”, aimed at improving conditions for cyclists and expanding opportunities for cycling, including middle age, which was the relevance of the chosen topic and research in this direction.

Sports activities with strict observance of age restrictions and systematic medical control has a favorable effect on the body of people over 40 years of age.

Under the influence of prolonged sports activity, the heart rate becomes slower (physiological bradycardia), blood pressure slightly decreases, the heart muscle becomes less excitable, breathing becomes more rapid and deeper, and metabolism increases.

Methods

The ways of step-by-step implementation of the developed models based on the identified optimal structural variant of the annual training cycle construction are determined.

And, as a result, a set of training programs of power and speed-power orientation were developed and tested in practice within the framework of interconnected mesocycles, which ensures the effective use of increased training load in competitions due to the increase in gear ratios due to the athletes' achievement of the highest level of power and speed potential by the time they participate in the main competitions of the season.

Results and discussion

The pedagogical experiment involved 60 mature men (40-49 years old), who were divided into experimental and control groups of 30 peo-

Table. Anthropometric indices of mature men participating in a pilot study of a bicycling health promotion program.

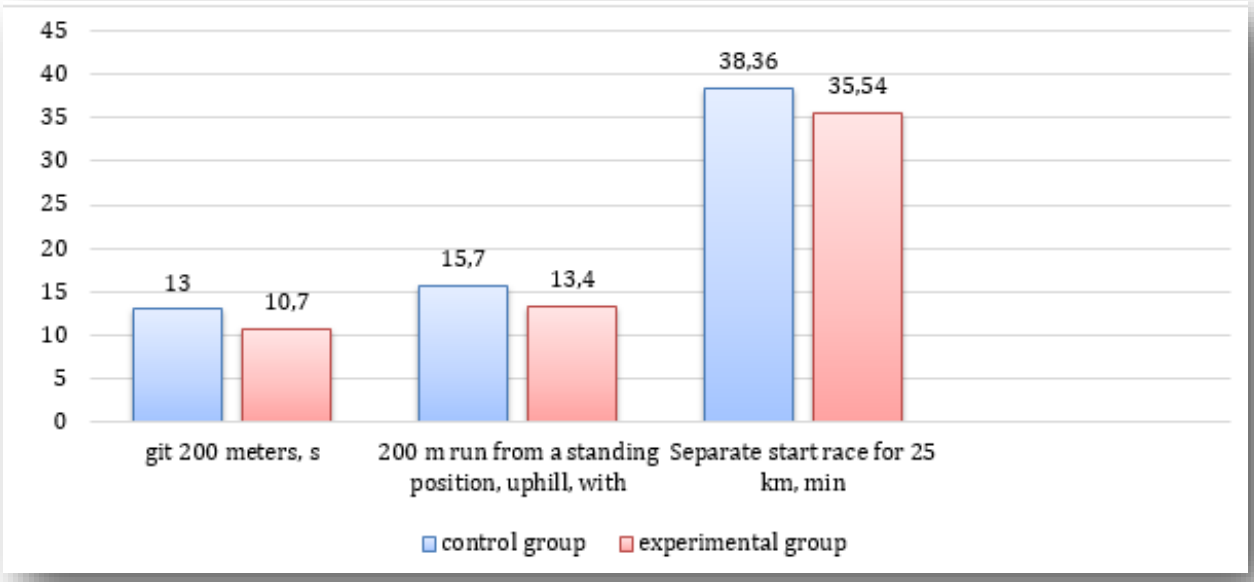
Indicators/ formulas	Age	Body length, cm	Body weight, kg	Body mass index
Experimental group (n=15)				
X cp.	45,63	1,72	80,97	26,32
σ	2,88	0,03	6,68	1,66
V	6,44	1,89	6,46	6,12
Control group (n=15)				
X cp	45,86	1,73	81,73	27,34
σ	2,86	0,04	6,24	1,64
V	6,34	2, 00	7,36	6,54

ple each. During the formation of the groups, homogeneity in terms of age, body weight, body length and calculated BMI was taken into account (Table 1.).

60-90 minutes from September 2019 to April 2021. Cooper, Stenge, Gench, dynanometry, etc. were used to assess fitness.

The construction of individual sessions

Fig. Visualization of the difference of special training in the experimental and control groups after the end of the pedagogical experiment.



It should be emphasized that in recreational riding groups, the goal is not to achieve sporting success. This is the destiny of cyclists who participate in national teams. In our case, the classes are aimed at improving health and performance. The approximate weekly cycle developed and applied by us for the age group of 40-49 years old, both in summer and winter period.

The experiment involved 60 middle-aged men (40-49 years old), engaged in the program of health promotion through cycling. Practical sessions were conducted three times a week for

and training programs was similar to cycling sports training. The main training methods: uniform, uniform-distance, interval training. Training work in the first month after consolidation of cycling skill and full mastering of technique was mainly continuous. The level of load - average, HR (maximum - 220 "-" age of occupants - 100%) - at the level of 60-70 percent of the maximum. The criterion of sufficiency - up to slight fatigue. After 6-8 months of training, the students had to ride a continuous distance of 800-10000 km, in a team. Attention was also paid to the technique of riding on the highway,

because - the better the technique, the greater the distance can be ridden in a training session. As can be seen from Figure , the time to complete the races was reduced in the experimental group, by a significant for cyclic sports in seconds.

The data of Figure shows the positive dynamics of the applied complex program for middle-aged cyclists specializing in road cycling.

Conclusion

By means of correlation analysis of pedagogical testing indicators and monitoring of functional, physical, special physical training of mature men (40-49) 48 significant tests for evaluation of general and special physical fitness were determined. The group of tests to control general physical fitness includes: running 60 m; long jump from a place; flexion and extension of arms in a lying position for 30 s; straight leg raising to the angle of 900 from the starting position, lying on the back; pull-up from hanging on a high bar; forward bend from standing on a gymnastic bench; catching a falling ruler, etc. The group of tests to control special physical fitness includes: running 60 m; long jump from a place; flexion and extension of arms in a lying position for 30 s; straight leg raising to the angle of 900 from the starting position, lying on the back; pull-up from hanging on a high bar; forward bend from standing on a gymnastic bench; catching a falling ruler, etc. Tests for control of special physical fitness, all tests on a bicycle.

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Research interests
training process of cycling, racing, mountain bike, cycling rules, Olympic games.