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Effectiveness of improving the sports performance of middle-distance runners in the process of training sessions of one-year preparation

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Abstract

Purpose: to develop proposals and recommendations for stabilising the athletic form of middle distance runners during competition by means of gradual improvement in the course of one-year preparatory training.

Methods: As examples of pedagogical tests and control exercises, the following were used: analysis of scientific and methodological literature, pedagogical supervision, organization of research, pedagogical experience, mathematical and statistical methods and analysis of the results obtained.

Results: Indicators of physical fitness of middle distance runners EG at the beginning of the experiment in running 100 m. was 12.9±0.2 seconds, at the end of the experiment 12.5±0.3 seconds increase was 0.4 seconds indicators improved by 3.3%, which is equal to P<0.001, in KG beginning of the experiment 12.8±0.3 seconds, at the end of the experiment 12.6±0.4 seconds increase was 0.2 seconds - 2.4%, which is equal to P<0.2. In 200 m run, EG results at the beginning of the experiment 26.4±0.7 seconds, at the end of the experiment 25.1±0.5 seconds improved by 1.3 seconds - 5.2%, which is equal to P<0.001, in CG 26.1±1.5 seconds at the beginning of the experiment, and 25.4±1.1 seconds at the end of the experiment the increase was 0.7. seconds - 3.1%, which is equal to P<0.05. In EG 400m run was 55.1±1.1 seconds at the beginning of the experiment, and 53.0±1.2 seconds at the end of the experiment an increase of 2.1 seconds with an improvement of 4%, which is equal to P<0.001, in CG at the beginning of the experiment 54.9±1.2 seconds, and 53.2±1.5 seconds at the end of the experiment with an increase of 1.7 seconds - 3.2%. which is equal to P<0.01. In 600 m run, in EG at the beginning of the experiment 91.4±1.1 seconds and 89.3±0.9 seconds at the end of the experiment with an increase of 2.1 seconds - 2.3%, which is equal to P<0.001, in CG at the beginning of the experiment 91.2±0.9 seconds and 90.1±1.1 seconds at the end of the experiment with an improvement of 1.1 seconds - 1.4%, which is equal to P<0.05. In the 800 m run.

Conlcusion: In the process of literature review, it became known that the athletic form of middle distance runners is stabilised during competition by its gradual improvement during one-year preparatory training: special training programmes that carry out the process of preparation for one-year competitions in stages, including the optimal use of transitional microcycles between stages, separate work on the shortcomings observed in the types of training, based on the systematic conduct of control periketes, the lack of special training programmes, the absence of special training programmes, the absence of special training programmes, and the absence of special training programmes.

Keywords: middle-distance runners, preparatory training, competitive period, physical training, cumulative effectiveness, tool, athletic form, step-by-step improvement.

Introduction

The geographical expansion of athletics competitions worldwide and the growth of competition results from year to year require continuous improvement of the athlete training system based on new technologies and effective programmes. The training of highly qualified athletes in middle distance running in track and field is a multi-year pedagogical process, the number of competitions is increasing and acquiring a more complex structure, which requires a step-by-step organisation of sports training, rational planning of training loads and the creation of modern management systems. In particular, in middle-distance running the number of continental championships, world, Olympic Games and other prize competitions is increasing, there is a need for an individual approach to the processes of gradual improvement of sports form at different stages of the annual preparatory cycle, making changes in the system of training of middle-distance runners.

Scientific researches are carried out in the world to adapt the training system of middle-distance athletes in track and field to modern requirements, rational application of means and methods of training taking into account their physical, technical, tactical, psychological and functional preparation in the annual preparatory cycle. However, the problem of formation of the athletic form of middle-distance runners during the annual training cycle and achieving its stability during competitions requires the development of complex evaluation criteria based on the features of athletic form during the annual training cycle.

Results and discussion

In developing criteria for assessing the physical, technical, tactical and psychological fitness of middle-distance runners based on the features of their athletic form, literature sources

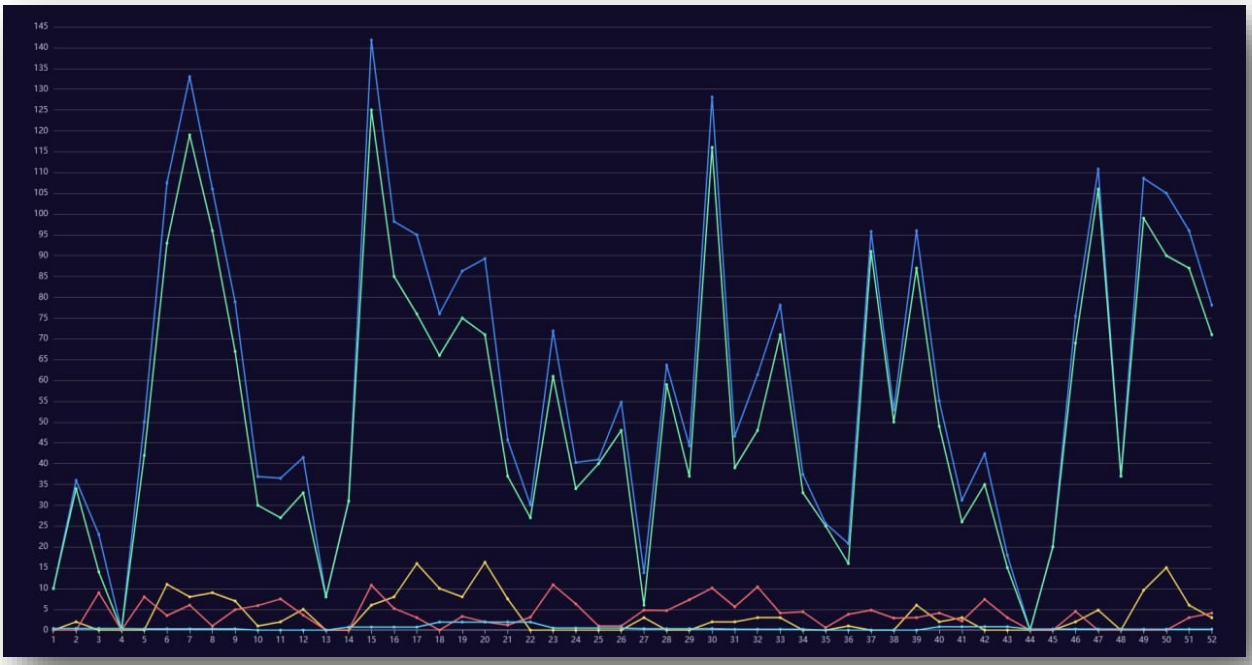
and practical experience of qualified coaches and athletes, as well as the data of conducted research in this direction.
In order for us to evaluate the athletic form of middle distance runners as 'athletic form' during the competition period, when they are formed in the course of one-year preparatory training, the best result in the last competition in which they participated is taken as a criterion and compared with the best result they recorded in the current competition and based on this, an evaluation can be made as follows:

I autumn-winter preparatory stage: the total volume of loads in September was 71,6 km.-100%: in aerobic direction 58 km.-81%, mixed loads 2 km.-2,8%, anaerobic loads 9 km. -13% and jumping loads 1,6 km.-2,6%. The total volume of loads for October was 394.16 km.-100% in aerobic direction 346.16 km.-88%, mixed loads 28 km.-7%, anaerobic loads 18.5 km.-4.6% and jump training loads 1.5 km.-0.4%. Total loads for November were 193 km.-100% in aerobic direction 157 km.-81%, mixed loads 15 km.-7.7% and anaerobic loads 21.9 km.-11.3%. Total loads for December were 281.88 km.-100%: aerobic direction 249 km.-88.3%, mixed loads 14 km.-5%, anaerobic loads 16 km.-5.5%, and jumping exercise loads 2.88 km.-1%.

II winter-spring preparatory stage: total volume of loads for January 356,34 km.-100% in aerobic direction 288 km.-80,8%, mixed loads 50,3 km.-14,2%, anaerobic loads 8,3 km.-2,3% and jumping training loads 9,74 km.-2,7%. Total loads for February 190 km.-100% in aerobic 159 km.-83.5%, mixed loads 7.5 km.-3.9%, anaerobic-21.5 km.-11.3% and jumping-2 km.-1.1%. Total loads for March 174.7 km.-100%, aerobic - 153 km.-87.6%, mixed - 5 km.-2.9%, anaerobic-15.3 km.-8.7%, and jumping-1.4 km.-0.8%. The total volume of loads in April was 281.2 km. at 100%, in aerobic direction 240 km.-85.3%, in mixed loads 7 km.-2.5%, in anaerobic loads 33.4 km.-11.9% and in jumping training loads 0.8 km.-0.3%.

III spring-summer preparatory stage: the total volume of loads was 161,9 km.-100 %, in aerobic direction 145 km.-89,6 %, mixed loads 4 km.-2,5 % and anaerobic loads 12,9 km. -7,9 %. The total volume of loads in June was 302.1 km.-100 %, in aerobic direction 277 km.-91.6 %, mixed loads 8 km.-2.5 %, anaerobic loads 14.8 km.-4.8 % and jump training loads 13.3 km.-1.1 %. In July, the total volume of

Table 1. The programme 'algocamp.uz/xurshid-1' is aimed at stabilising the athletic form of middle distance runners in the competitive period through a step-by-step improvement of one-year preparatory training.



Note: *The total training volume of middle distance runners is 2742.1 km/100%, Aerobic loads 2364.1 km/86.2% mixed loads 146 km/5.3%,* ***anaerobic loads 187 km/6.9%,*** *jumps 45 km.1.6%, games 170 hours.*

loads was 92.8 km.-100%, aerobic direction 76 km.-81.9%, mixed loads 3 km.-3.2%, anaerobic loads 12 km.-13.6% and volume of jumping exercise loads 1.2 km.-1.3%. The total volume of loads in August was 243.3 km.at 100%, aerobic loads 212 km.-87.1%, mixed loads 6.8 -2.8%, anaerobic loads 4.5 km.-1.8% and jumping loads 0.9 km.-0.3%.

Taking into account a number of factors, such as the goals and objectives of training, the peculiarities of training cycles in the annual preparatory cycle of middle distance runners, the calendar of annual competitions and individual characteristics of athletes in it, this set of exercises is developed in the form of 3 preparatory mesocycles and applied to the training of middle distance runners. This complex of exercises consists of 12 complexes, as an example, a complex of jumping exercises from the complex of exercises used in the I-th preparatory mesocycle is given (see Table 3).

In developing criteria for assessing the physical, technical, tactical and psychological fitness of middle-distance runners based on the features of their athletic form, literature sources and practical experience of qualified coaches and athletes, as well as the data of conducted research in this direction.

In order for us to evaluate the athletic form of middle distance runners as 'athletic form' during the competition period, when they are formed in the course of one-year preparatory training, the best result in the last competition in which they participated is taken as a criterion and compared with the best result they recorded in the current competition and based on this, an evaluation can be made as follows:

1). Athletic form of an excellent level. It is defined by recording a result that is significantly '10 seconds or more' better than the best result in the last competition competed.

2). Good Level Athletic Form. It is determined by improving a result by '5-9 seconds' from the best result at the last competition.

3). Satisfactory level of sporting form. Defined by an improvement of '0-4 seconds' from the best result in the last competition.

4). Unsatisfactory level of sporting form. It is determined by fixing a result lower than the best result in the last participated competition. The criteria for assessing the form of middle distance runners are shown in the following figure.

Based on the developed criteria for assessing the athletic form of middle distance runners of the experimental and control groups involved in the study, control checks are carried out 1 week before the competition at the annual preparatory classes, the results recorded by each athlete are analysed, with a special emphasis on eliminating the deficiencies arising in their physical, technical-tactical and psychological preparation.

The conducted scientific research and analysis show that as a result of the development of a training programme, a set of special exercises, criteria for assessing the athletic form and model indicators of microcycles aimed at stabilising the athletic form of middle-distance runners in training and their application in the training process of middle-distance runners step -by-step improvement of athletic form in the course of annual training sessions and its stabilisation during competitions is confirmed by the achieved sports results.

Conclusion

According to the results of the study, the total volume of annual training loads of athletes of the experimental group of middle distance runners at the stage of sports improvement was distributed according to the programme developed by us from 2742.1 km to 3200 km, of which 2364.1 km were loads of aerobic mode, 146 km. - mixed mode, 187 km. - anaerobic mode. The total length of jumping exercises was 45 km. In the traditional approach, 170 hours were allocated for general physical training and sports games. The number of annual competitions was 18. Control workouts can be performed 16 times. 10 hours were allocated for medical examination.

As a result of introducing into the training process a programme aimed at stabilising the athletic form of middle distance runners during the competition period by gradually improving their annual preparatory training: the results of the 600 metre running test were 2.1 seconds with an improvement of 2.3%, which is equal to $P<0.001$, the increase in the 800 metre running test was 3.2. in the 1000 metres running test, the increase was 4.2 seconds with an improvement of 2.5%, equal to $P<0.001$, and in the 1500 metres running test, the increase was 5.4 seconds with an improvement of 2.2%, equal to $P<0.001$, which was proved by the results obtained.

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