

Tools and Methods Used in Training Groups of Middle Distance Runners

Elkuliyeva is the daughter of Feruza Dilmurod

"Physical education and sports" department, Teacher, Bukhara State Pedagogical Institute

Abstract: In this article, it has been shown that the main features of loading used by middle distance runners should be studied.

Key points: training, loading, intensity, pharmacology, physiotherapy, microcycles, exercise, physical qualities, method, running speed, instrumental methods.

It is very important that during the training of middle-distance runners, the arrangement of loads is proportionally distributed according to the goals set the day before. Controlling technique, tempo, rep range, tension points, and training intensity seems to be the panacea for improving performance. Overtraining on microcycles, general preparation time begins in October and lasts until the second week of January. The technical, tactical, physiological preparation, mental and multi-functional condition of these athletes are not changed in microcycles, the training overload gradually increases to 50-80%. Placement of loads during training should be planned based on the training of athletes (F. Suslov et al., 1982). The weekly load on microcycles during the training period is 70-140 km. During this period, anaerobic loads make up 5% of the total work volume. This means that it is not a significant amount of work. In the first week, we will give a microcycle of pulling (according to the proposal given by F.P. Suslov). In the 2nd, 3rd, 4th, 5th week, we give an aerobic microcycle, and in the meantime, we go to the mixed zone and work out in "pieces". In the pre-competition period, the aerobic zone is moved to the anaerobic and competition zones, little by little, that is, not always in this zone, only when the training process is intensively carried out, and the rest of the time is spent in the restorative, stretching and aerobic zones. To eliminate the affected part, you need a rest period between circuits (at least 15-20 minutes). Young and young athletes can naturally perform no more than 2-3 circuits after training, and well-trained athletes can perform up to 4-6 approaches. The described technologies are created with the ability to selectively act on anaerobic mechanisms. Other overloads with longer results should be eliminated at their true value. In order to develop general and specific endurance in athletics, cross-country is always important, and especially in the training period. Cross-country is held both in autumn (outside the city, in the forest, in parks) and in winter (on snow-covered trails, on snow). The average type is characterized by a relatively high height and a not very high body weight. From this point of view, the average height and body weight of the six runners who achieved the best results at the Olympic Games in Rio de Janeiro will be taken into account. In particular, the height of 800-meter runners is 177.8 cm and body weight is 72.8 kg; Athletes running 1500 meters have an average height of 180.5 cm and body weight of 71.0 kg. As the running distance increases, it is observed that the values of the height and body weight indicators of the athletes decrease. This situation is explained by the fact that a high value of body weight requires a large amount of effort during running.

The functional characteristics of runners, which are mastered significantly during training, are extremely important. In middle-distance running athletes, the living volume of the lungs is 6000 cm³. They are characterized by a high heart rate, a high level of hemoglobin in the blood, and a good blood supply to the muscles. Well-trained runners have a slightly lower than average resting

heart rate (60 beats per minute). When determining the athlete's ability to achieve high-level results in middle-distance running, it is necessary to pay special attention to the type of his nervous system. In this case, strong, balanced "alive" or strong - balanced "calm" nervous system types (according to I.P. Pavlov) correspond to the requirements of middle-distance runners. At the same time, middle distance runners can be divided into three groups. The first group includes athletes running 800 meters, whose quality of speed ensures effective results at distances up to 400 meters. The second group includes athletes who can achieve effective results in running at both distances - i.e. 800 meters and 1500 meters. And finally, the third group includes athletes who can show high results in running distances of 1500 meters and more. Representatives of all three of these groups can show effective results in middle-distance running, but of course, it is always necessary to take into account the athlete's belonging to one or another group during training. In order to achieve high sports results in running, the physical aspects of the runner are of certain importance. But success in middle-distance running mainly depends on the overwork of all organs and systems of the athlete. For this, first of all, the functioning of the cardiovascular, respiratory and central nervous systems should be good. Usually, 5-7 years of properly structured training will bring a runner to high sports results. Achieving a good result depends on how developed the physical qualities of the runner are. Achieving high performance in middle distance running also depends on the level of maximum speed in sprinting. The best middle-distance runners can run 100 m in -10.5-11.00 seconds, and long-distance runners can run faster than -12 seconds. In addition, high-speed runners outperform other runners in finishing acceleration, even when their endurance is equal. Speed alone is not enough for success. The amplitude of movements during running is very large. Therefore, only if the leg muscles of the runner are very strong and the joints are well-mobilized, he can take a long step and run easily.

In the following years, a variable method called fartlek began to be used more often in running. A fartlek involves irregular accelerations that vary in speed and length. Fartlek is mainly held in open spaces, with a group and individually. Currently, serial runs are widely used. After 3-4x300 m, 200 meters are run slowly, after which a few minutes of rest: walking or jogging very slowly. They can be the same or different in terms of the length of the distance and the speed at which the distance is run. Such a run is usually performed at a shorter distance than the training distance. A runner's competition and control run are equally good tools for improving performance. Middle distance runners usually compete in multiple distances, but each runner should prepare for one distance. Which distance to consider as the main one depends on the wishes of the athlete and his individual characteristics. When training middle-distance runners, it is necessary to take into account the unique physiological and biochemical characteristics of each runner at this distance. Middle-distance runners run shorter distances less frequently than sprinters. But their speed is much higher than the speed of stayers. You don't need to do the same training routine from workout to workout and week to week. In the weekly cycle, the amount of training should be sometimes more and sometimes less. The total weekly load increases for 2-3 weeks, and then decreases relatively.

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