

Annual Training Planning for Middle Distance Runners

Koylibayev Bayrambay Dalibayevich

Associate Professor of the Department of Theory and Methods of Physical Culture, KSU

Annotation. In this article, middle-distance runners use different types of running equipment and natural trail running to keep their activity and fitness levels up during what we consider the annual training transition period. It is advisable to use running exercises in natural conditions before competitions and on days after high-intensity training. It was revealed that such formation of sports results of athletes depends on functional training.

Key words: middle distances, 800m runners, athletes, annual training, functional training, sports results.

Middle-distance running requires good preparation from the athlete. But showing a high sports result depends not only on the development of the athlete's comprehensive training, but also on the development of the quality of special fast endurance. To do this, the athlete must participate in training based on the proven methodology for preparing the annual training. For this reason, middle-distance runners must correctly distribute training loads, exercise intensity and repetitions, as well as correctly measure rest intervals during training. Only then can they master special physical training.

The purpose of the research: to develop an optimal plan for annual preparatory training for 800 m runners.

Research objectives: To study the training plan for preparatory programs on the topic. Development of an optimized annual training plan for 800m runners.

Research results and discussion: The training plan for middle distance runners should not change much from the first stage of basic training. Therefore, it is advisable to use factors such as an increase in the number of rest days before competitions or a decrease in the number of load applications that come into force. According to scientists (Ivochkin et al., 2004), (Rob Slimmaker, Ray Brown, 2007), the main tasks of mass-discharge middle-distance runners at the competitive stage are the following: Firstly, the main task of the summer training period is to study sports techniques and increase qualifications. Secondly, to strengthen training in the chosen sport. They consider it necessary to ensure the comprehensive physical development of middle-distance runners and maintain the achieved sports achievements. The tools used in training during the competitive period of the annual training should be smaller in size compared to the training period, and the intensity of execution should be slightly higher. In the process of preparation, it is necessary to change teaching methods, organizing exercises in a variety of ways. In the preparation of middle-distance runners in the training process, general developmental preparatory exercises performed with and without apparatus should be used. You can often see well-trained runners using only basic exercises at the beginning of a workout.

At this time, all athletes need to use special preparatory exercises that improve technique and preparation for the chosen type of middle-distance running. In our opinion, during the transitional period of annual training, various running equipment and crosses in natural conditions are used to maintain the level of active rest and training. It is advisable to use running exercises in natural conditions before competitions and on days after high-intensity training.

If a runner needs to develop strength in the abdominal and back muscles, hips and calves, or improve jumping ability during the annual preparatory training, then after completing the training of the

selected type, he should perform such special exercises with a large amount of effort. For example, long jumpers, high jumpers, and triple jumpers develop leg muscle strength through exercises such as multiple jumps, hops, hops, single-leg jumps, and sprints.

Many scientists: F.P. Suslov, M.J. Abdullaev and others. 2014; N. G. Ozolin, 1989; N. N. Chesnakov, 2010; A. 2003, show that in order to improve running technique, it is necessary to perform tasks sequentially. According to them, the middle-distance running technique should be implemented in a sequence of ten tasks. But we know that technique is taught in four stages. They focus on improving technique based on the learning phases of the starting position, starting run, distance running and finishing phase. However, in teaching these phases, each athlete focuses on mastering the technique using the movement methods of their choice. Athletes with incorrect technique need more time to learn it as before and gradually improve it. Some athletes take part in competitions without mastering the technique. Staying in competition without developing unimproved technique in any process will affect the effectiveness of competition results. That is why it is necessary to pay attention to the complete consolidation of the technique in the preparation process. Focusing on improving technique for one or two years will allow you to achieve high sports results in the future, and not show poor results for many years due to technical shortcomings. Competitions, competitions and control exercises play a big role in improving the level of training and acquiring competitive experience during the competitive period. At the second stage of this training period, it is necessary to reduce the volume of training exercises and increase the intensity of training work.

Reducing the amount of training, gradually increasing its intensity and participating in the optimal number of competitions - allows you to achieve great success in sports. During the transitional period, before preparing an athlete for new training cycles, processes such as complete recovery of the body, prevention and treatment of acquired injuries are carried out. In the process of training, it is necessary to carry out physical training and technical training skills, without reducing their level. I. Zhilkin and others. It is important that middle distance runners actively rest after periods of intense training and competition. But along with active rest, rest should also be given to the central nervous system. To do this, it is necessary to change the form, means and methods of training exercises by means of a game character of a different content. It is appropriate to organize classes in nature, in recreation centers, parks.

Many scientists gave various programs for planning annual trainings of middle-distance runners. In their works, annual loads show the possibility of planning loads up to 2200-5000 km for mass dischargers. We planned the annual training of student-athletes taking into account their workload in the educational process and based on their individual characteristics as follows. We have developed annual training sessions for middle distance runners. The prepared training program is shown in our table.

Table 1

The structure of the annual training cycle of student-athletes at a distance of 800 m.

	Structure of YTS	Periods	Preparation			Competition		Transition	Preparation period		Competition				Pass	Total
		Stage	Directed	First base coordinator		Winter competition		Recovery tool	Second base coordination-living		He won the competition	The main competition			Pass	
		Months	IX	X	XI	XII	I	II	III	IV	V	VI	VII	VIII	IX	
	Main tasks	Development of UJTvaFT			increase the level of MJT TTT		Maintaining a sports uniform	Increase the level of JT, FT, and TTT	Increase TTM and MC				training in sports form, getting active			
1	Total volume of cargo, km	160	174	243	252	209	50	194	256	239	180	185	189	60	2391	
2	Volume of loads in the aerobic direction (UQS 155 beats/min), km	160	140	202	206	181	40	154	202	208	162	164	164	60	2043	
3	Volume of mixed loads (UQS 156-175 beats/min), km	0	29	36	38	12		32	42	22	7	15	7	0	240	
4	Volume of loadings in anaerobic mode (UQS above 180 beats/min), km	0	5	5	8	16		8	10	9	8	6	10	0	85	
5	Special running and jumping exercises, km	4	6	6	6	4		2	3	4	3	3	3	6	50	
6	UJT (URM and sports games) hours	20	16	16	12	8		10	10	10	10	6	6	40	164	
7	Number of control exercises	1	1	1	1	1	1	1	1	1	1	1	1	1	13	
8	Number of competitions					1		1		1	1	2	2	2	10	

In the program developed by us, we planned the annual program of student-athletes, taking into account the training loads that they receive during training hours. According to him, the total volume of loads for runners on the average, i.e. for a distance of 800 m is 2391 km, of which the volume of aerobic loads is 2043 km, the volume of mixed loads is 240 km, the volume of anaerobic loads is 85 km, and the volume of jumps and sprints is 50 km. Of course, this program was created by M.S. Olimov, V.V. Comparative analysis with the three-year planning program given by Ivochkin et al. shows that training loads increase from year to year. Of course, these programs seem to be ideal in terms of preparing athletes for medium and long distances. But in the above model programs, most coaches are used as athletes. However, these programs are not designed for our climatic conditions and physical development.

In addition, there is a possibility that increasing the load in this order may or may not allow all athletes to improve their performance. Because it is advisable to distribute or plan the load in accordance with the individual characteristics of each athlete.

Conclusions

The results of the conducted pedagogical observation allow us to draw the following conclusions; Currently, there are different types of training plans for 800m runners, and these plans have not been proven to have been developed for athletes of a comparable category. At the same time, it is not necessary to prove that model plans are not suitable for every athlete. Because each athlete has an individual situation.

Secondly, the vacation period is not indicated in the plans and is indicated at the end of the year. In our opinion, after each competition there should be a recovery period. Thirdly, it is necessary to take into account the practical and theoretical loads of sports disciplines included in another educational program, which the student will receive in the process of learning each method of training with young people.

List of used literature

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