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KONTROLLE DES TRAININGSPROZESSES VON STEEPLECHASE-LÄUFERN UNTER BERÜCKSICHTIGUNG DER INDIVIDUELLEN EIGENSCHAFTEN

Baratov A. M.
Usbekistan Staatliche Universität für Körperkultur und Sport Chirchik, Usbekistan

Abstrakt. Der Artikel informiert über den Vergleich der Leistungsklassen der Sportarten und des Trainingsvolumens in der Vorbereitungszeit. Um das geplante Ergebnis zu erzielen, wurde ein optimaler Trainingsplan für Läufer über 3000 Meter Hindernislauf, inklusive des Verhältnisses und des Umfangs der optimalen Trainingsroutine, entwickelt.

Schlüsselwörter. Individualisierung, Ergebnisprognose, Funktionsvorbereitung.

CONTROL OF TRAINING PROCESS OF STEEPLECHASE RUNNERS TAKING INTO ACCOUNT THEIR INDIVIDUAL FEATURES

Baratov A.M.
Uzbekistan State University of Physical Culture and sports
Chirchik, Uzbekistan

Abstract: The article provides information on the comparison of the results classes of sports and the volume of training in the preparatory period. To achieve the planned result, an optimal training plan for runners over 3000-meter steeplechase, including the ratio and the volume of optimal training routine was developed.

Keywords: Individualization, results forecasting, functional preparation

Physical and technical fitness of the athlete is a key factor in achieving the planned sports results. To bring the initial sports results of the athlete to the predicted state, it is necessary to improve individual personality characteristics, normative characteristics of special physical and technical training [1,5,7, etc.].

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In research conducted by experts [2,3,6], one of the sensible ways to organize the training load in the annual cycle is the concentration of training loads in different directions at certain stages and the approaches associated with it. This form of organization of the training process imposes new requirements for the construction of the macrocycle, in which it is necessary to rationally distribute the volume, content, intensity of training loads on mesocycles with the optimal combination of these mesocycles. At the same time, there is a need to increase the effectiveness of training highly qualified runners, to develop, distribute and plan a training structure based on the individual characteristics of the participants. This is due to the fact that today the system of training athletes does not have a clear model program for training runners over steeplechase, and each coach cannot achieve results that ensure the effectiveness of training through the organization of training. Therefore, the urgency of the problem is determined by the need to find the most optimal solution in a timely manner to such issues as the correct organization of training with runners over obstacles, the correct distribution of loads and the conduct of training on a scientific basis.

The purpose of the research. Distribution of training loads taking into account the individual characteristics of runners over steeplechase.

The tasks of research. The following tasks were solved to achieve the purpose of the research:

1. Study of modern experience in the system of training athletes to run over steeplechase.

2. Develop a plan for the distribution of training loads, taking into account the individual situation of athletes.

The object of research. The training process of student-athletes running over steeplechase.

The subject of research. The process of preparing student-athletes to run over steeplechase.

The methods of research. A number of scientific research methods were used during the research, including analysis of scientific and methodological literature, pedagogical observation, pedagogical experience, mathematical and statistical methods.

The results and its discussion of research. The student-athletes and their coaches, who are members of the university team running across the

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steeplechase, were able to analyze, research and summarize their diaries and plans.

We analyzed the 3-year fall-winter training periods and the sporting results shown during the competitive periods of the respective annual training cycles. A correlation was found between the results of sports with different weights in different average cycles in terms of load volumes and the degree of impact on sports results in the above modes.

A moderate correlation between aerobic and anaerobic exercise volume and athletic performance was found in the traction mesocycle of training. The correlation between the volume of aerobic-anaerobic loads and sports results is higher, which may indicate its greatest importance for a particular athlete in this mesocycle.

In the future, the most important and significant event in the basic mesocycle of training is to perform aerobic loads. We found that the volume of loads in the mixed mode did not play an important role in the traction mesocycle of training a particular athlete.

The volume of anaerobic loads is crucial in the mesocycle of special training, as well as the volume of aerobic and mixed loads has a significant impact on sports results.

Thus, the optimal ratio of training tools is as follows:

• Traction mesocycle: volume of aerobic loads - 66.9%; volume of anaerobic loads - 10.0%; the volume of mixed loads - 23.1%.

• Basic mesocycle: volume of aerobic loads - 70.0%; volume of anaerobic loads - 7.8%; the volume of mixed loads - 22.2%.

• Special training mesocycle: volume of aerobic loads - 58.9%; volume of anaerobic loads - 11.9%; the volume of mixed loads - 29.2%.

The above trends are absolutely individual in nature, even among athletes with the same athletic skills

Table 1.

The volume of loads performed on the mesocycles of athletes running over obstacles over 3000 m in the autumn-winter period 2019-2020.

Type of work	**Downloads, km**	**Training mode (UCC zone)**
Traction mesocycle		
Long-distance cross-country running	110	1.2
Warm-up running	49	2

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Breathing adjustable running	104	1.2
Repeat running on distance pieces	33	4.5
Variable cross (fartlek)	21	3.4
Developmental and restorative cross-country running	189	2.3
Basic mesocycle		
Long-distance cross-country running	200	1.2
Warm-up running	20	2
Breathing adjustable running	108	1.2
Repeat running on distance pieces	42	4.5
Variable cross (fartlek)	15	3.4
Developmental and restorative cross-country running	85	2.3
Long-distance cross-country running	10	5
Special preparation mesocycle		
Long-distance cross-country running	180	1.2
Warm-up running	50	2
Breathing adjustable running	156	1.2
Repeat running on distance pieces	68	4.5
Developmental and restorative cross-country running	170	2.3
Control run	21	5

Based on the data in this table and the indicators we found, the average number of hurdles runners in the 2019-2020 autumn-winter season was 9:50.00, while the average number of student-runners in the new program was 9:20.00.

Conclusions. The following conclusions were drawn from the results of the trainings organized in accordance with our training program, which was developed based on the data obtained through observation and analysis of the trainings organized by a number of leading coaches during our research:

1. The optimal ratio of training tools in the mesocycles of the preparatory period was determined. Gravity mesocycle (load capacity): aerobic - 66.9%, anaerobic - 10.0%, mixed - 23.1%. Accordingly, in the basic mesocycle: 70.0%; 7.8%; 22.2% and in special training: 58.9%; 11.9%; 29.2%.

2. During the autumn-winter training period 2019-2020, on the basis of data on the volume of load performed on the mesocycles of athletes who are members of the national team in the 3000 m steeplechase, the indicators were close to the forecasted sports results (9: 25.68-9.54.21).

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3. In the training sessions with student-athletes running over steeplechase, it was observed that the volume and intensity of training loads can be controlled, taking into account their individual characteristics, and it is possible to further improve sports results by analyzing its impact on student-athletes.

The data expressed through the following images also shed light on the distribution of loads during the study.

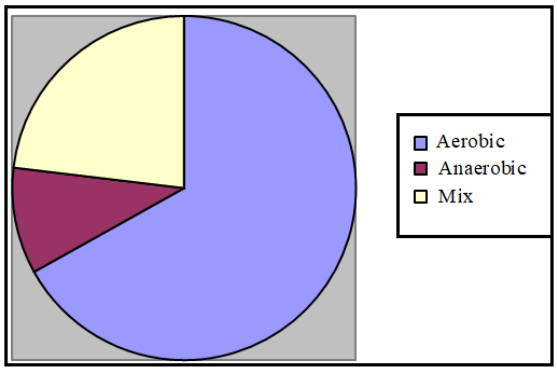

Figure 1. The ratio of loads in the mesocycle of traction preparation.

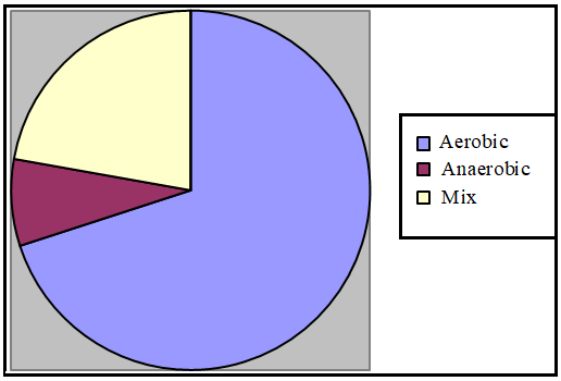

Figure 2. The ratio of loads in the basic preparation mesocycle.

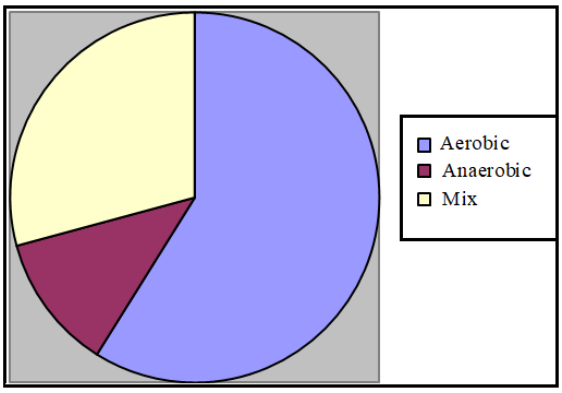

Figure 3. The ratio of loads in the mesocycle of special training.

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