

DYNAMIK DER AUSBILDUNG DES SPEZIALKÖRPERLICHEN TRAININGS IM LANGSTRECKENLÄUFER

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Abstrakt: Dieser Artikel konzentriert sich auf die Ermittlung von speziellem körperlichem Training auf der Grundlage pädagogischer Tests, die die körperlichen Eigenschaften von Langstreckenläufern-Studenten-Sportlern charakterisieren, die Sicherheit geben, die Erkenntnisse vor der Studie und die Ergebnisse nach der Studie zu beleuchten. Die gewonnenen Ergebnisse werden in einer vergleichenden Analyse mit den Ergebnissen der pädagogischen Forschung führender Wissenschaftler präsentiert und durch die am Ende der Arbeit gezogenen Schlussfolgerungen beleuchtet.

Schlüsselwörter: Langstrecken, Läufer, Schüler-Sportler, körperliches Training, Schnellkraft, Schnellkraftausdauer, Schnellausdauer, Spezialausdauer, Jahrest raining.

DYNAMICS OF FORMATION OF SPECIAL PHYSICAL TRAINING IN LONG DISTANCE RUNNERS

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Abstract: This article focuses on the determination of special physical training on the basis of pedagogical tests that characterize the physical qualities of long-distance runners student-athletes which gives confidence to shed light on the findings before the study and the results after the study. The results obtained are presented in a comparative analysis with the results of the pedagogical research conducted by leading scientists and are illuminated by the conclusions drawn at the end of the work.

Keywords: long distances, runners, student-athletes, physical training, fast-strength, fast-strength endurance, fast-endurance, special endurance, annual training sessions.

Relevance: the fact that the President of the Republic of Uzbekistan pays great attention to the sphere of physical education and sports, creates the basis for the development of new champions in sports in our country. In particular, the Decree No. 2821 of March 9, 2017 and the Decree No. 5368 of March 5, 2018 on measures to radically improve the system of Public Administration in the field of physical education and sport in our country to popularize physical education and sports, to create the necessary conditions and infrastructure to promote a healthy lifestyle among the population, especially, the fact that on the basis of the creation of a transparent system of selection determines the tasks of training highly qualified athletes serves

the development of the industry. It also imposes important tasks to the employees of the sphere in ensuring the implementation and implementation of the above-mentioned decrees. In particular, the training of highly qualified athletes in athletics and ensuring their participation in international sports competitions are one of the main tasks facing today's employees of the field. Long-distance running disciplines of athletics are a bet-rich discipline that requires special endurance from the athlete. In running for long distance, it is necessary to ensure that the athlete is able to improve all the components, including physical training, by participating in regular training. To do this, the coach shows that it is necessary to organize training sessions, planning annual training cycles on a scientific basis. The analysis of the results of a multi-year study shows that today the results of running between men over long distance is formed at a low level. According to the results of the analysis of the world championships and cup competitions, if the results of 13:12,00 on average in the running products are recorded at a distance of 5000 m, then at this distance in the championships of Uzbekistan an average of 15:05,00 is recorded. If we make a comparative analysis of the results obtained, the results of our sportsmen show that we are lagging behind about 2 minutes. Such results show that there are enough shortcomings in the system of training long-distance runners in our country. Firstly, if there is a shortage in the selection of athletes for this type of athletics, and secondly, the wear and tear of the tools and methods used by the coaches in the organization and conduct of the training, as well as the lack of application of innovative technologies in the training, the shortcomings in the planning of the training for the first and taking into account the above shortcomings, it is necessary to plan the annual and multi-year sessions on a scientific basis to organize the sessions with them on the basis of new technologies. And this is one of the pressing issues of today, which has both theoretical and practical significance in the field. In order to eliminate these problems, research work is carried out by many scientists in scientific institutions. Out of them V.V.Balakhnichyov, F.P.Silence and V.B.Popov. If the Polunins conducted a series of scientific researchs on the preparation of athletes for the main competitions, then O.I.Pavlova, Y.G.Travin, A.N.Narmuradov, V.N.Kulakov, V.V.Ivochkin and others carried out scientific research on the planning of the annual training process of medium and long-distance runners. S.S.Tajibaev N.T.Tokhtaboev, M.J.Abdullaev, I.R.Soliev, U.N.Sultanov, A.A.Alikulov conducted scientific research on the management of the training process of medium and long-distance runners on the basis of innovative technologies. B.Haydarav, F.P.Suslov conducted research on the training of long-

distance runners in mid-mountain conditions. However, in the process of research, almost no scientific research was conducted aimed at developing special physical training of students-athletes running long distances in our country. Therefore, we believe that the development of the level of physical training of students-athletes running for long distance the development of the training program plan should be planned based on the individual state of the athletes.

The aim of research: To determine the level of physical fitness of student-athletes running long distance.

The object of the research : - To study long-distance runners on the basis of the analysis of scientific and methodological literature on the formation of the level of physical fitness.

- To determine the special physical fitness of student-athletes running long distances.

Results and discussion of the research. The possibilities of achieving high sporting results in long-distance running types remain to the level of sophistication of exceptional endurance qualities, with a priority attached to the technique and tactics of running. But these qualities do not achieve a high sporting result unless the means of shaping the running technique and tactics are properly planned at the annual preparatory stage and periods. The volume of preparatory loads in long-distance runners is distributed according to the individual characteristics of the athlete. In the first place in the planning of loads, it is desirable to plan training loads in the ratio of 2/1, 3/1 in a wavy way, in accordance with the physical training of the athlete, its functional state, technical training. To do this, first of all, it is necessary to determine the specific physical preparation of athletes. Therefore, we focused on determining the specific physical training of long-distance running student athletes during the training process.

According to it, attention was paid to the determination of long-distance runners with special physical training on the basis of the following pedagogical tests. .

- It was determined by running at a distance of 100 m when determining the speed power.

- 400 m when detecting fast power resistance. used running for distance.

- The level of development of fast durability is 1000 m. attention was paid to the detection by running to the distance.

- Student athletes have developed a special endurance level of 5000 m. we relied on the detection by running the distance.

- We used the following tests to study the explosive strength of the foot and determine the shape of the gum ability.

- Jump to the length without displacement (in sm).
- Triple jump without displacement (in sm).
- Jump ten times without displacement (in sm).
- 100 meters. on the basis of jumping from foot to foot in the distance, the strength of the foot (in March) was determined.

In determining the explosive power of the hand, tests were used to throw a 3 kg filling ball from the top of the head with both hands forward.

According to the results of pedagogical experiment conducted by U.Sultanov, the subjects were 100 m. the average distance run was 13.22 ± 0.84 seconds. The experimental results we conducted showed a result of 13.22 ± 0.41 seconds when running this distance.

U.Sultanov in the subjects of rapid strength endurance 400 m. in a study of distance running, it was 61.41 ± 2.21 seconds, while our subjects recorded a result of 60.76 ± 2.71 seconds. 1000 m conducted for rapid endurance detection. In the distance running test, the participants of the U.Sultanov group recorded an average of 212.10 ± 11.01 seconds. The results obtained in our group showed that the test obtained on this indicator was equal to 192.90 ± 8.60 seconds. 5000 m conducted on special endurance determination. In the distance running, the participants of U.Sultanov's group recorded the result of 1243.65 ± 82.27 seconds. Our group of testers recorded an average result of 1197.31 ± 40.95 seconds when running this distance. In our long jump test to determine the rapid explosive force, the participants of the U.Sultanov group jumped 225.92 ± 10.66 cm, while our subjects showed a result of 220.67 ± 9.16 cm in this jump test.

In the test on triple jump, the average result of the subjects in the experiments of U.Sultanov was 667 ± 30.09 cm. recorded the result. In our group, the result on this indicator was observed to average 615.50 ± 46.11 . U. jumped ten steps from his seat. Sultanov's research team jumped an average of 20.16 ± 1.33 cm. In our group, the result was 21.83 ± 1.92 cm. In the 100 m distance leg-to-foot test, U. In the research conducted by Sultanov, the subjects expressed 48 steps, while in our group it was 47.42 ± 1.00 times.

In our 3 kg filling ball throwing test to determine the explosive power of the hand. In U.Sultanov's group, the subjects threw an average of 9.40 ± 0.75 cm, while in our group the result was 9.53 ± 0.43 .

U. Sultanov and M. In the comparative analysis of the results of the experiment conducted by Olimov, no significant differences were observed between the subjects of both groups. However, there is a significant difference between the results given by leading experts O. Pavlova and other scientists. That is, the results shown by our athletes indicate that they

are formed at a low level. The results obtained are presented in Table 1 below.

Table - 1

At the beginning of the study, the level of formation of the physical fitness of the athletes in the experimental and control group

№	Tests	U.Sultonov's group (n=42)	M.Olimov's group (n=48)	t	p
1.	Running 100 m, (s)	13,22±0,84	13,20±0,41	0,15	p>0,05
2.	Running 400 m, (s)	61,41±2,21	60,76±2,71	1,33	p>0,05
3.	Running 1000 m, (s)	212,10±11,01	192,90±8,60	9,73	p<0,001
4.	Running 5000 m, (s)	1243,65±82,27	1197,31±40,95	3,53	p<0,05
5.	Jumping from a standing position, (sm)	225,92±10,66	220,67±9,16	2,65	p<0,05
6.	Triple jump, (sm)	632,67±30,09	615,50±46,11	2,25	p<0,05
7.	Ten-times jump, (sm)	20,16±1,33	21,83±1,92	5,15	p<0,001
8.	100 m jump from foot to foot running, (times)	48,00±1,04	47,42±1,00	2,86	p<0,05
9.	Throwing 3 kg of filling ball, (sm)	9,40±0,75	9,53±0,43	1,06	p>0,05

Achieving high results when running for long distance is a link to a physical training. Because as with all components of long-distance running, special physical training is one of the main components of the current. Therefore, it is necessary to develop a new plan for the system of training long-distance runners on the basis of the results obtained from special physical training of long-distance runners. We will then be able to train highly skilled long distance runner athletes.

Conclusions: The results of the pedagogical research allowed to note the following conclusions.

- In the course of the research it was revealed that the programs for the training of long-distance runners, the scientific and methodological literature do not contain sufficient information on the training of student-athletes running long distance.
- A comparative analysis of the results of experiments to determine the special physical fitness of student-athletes running long distance is showed that our research results were unreliable $p > 0.05$ for the controlled group in the 100-400 m run and throwing a 3kg filler ball. The results of the

remaining 1,000, 5,000 m and long jump, triple and ten jumps, and the 100 m leg-to-leg jumps showed that $p > 0.05$ was reliable in the control group.

- The analysis of the dynamics of the formation of special physical training of student-athletes running long distance revealed that the training programs and methods used with them are outdated, as well as the fact that coaches do not improve the results of sports.

- The dynamics of the formation of special physical training of student-athletes running long distance indicated the need to plan and manage and organize the use of new technologies in the development of training programs with them.

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