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The Training Strongly Rhythm of the Race and the Law of Ability and its Effect on some Special Physical Abilities and Biochemical Variables, and the Achievement of 800 and 1500-Meter Runs for Youth

Abstract

That Contest Ran 800 Meter and 1500 meters of competitions that are characterized by the special speed of the time in the implementation of the stages according to the world Records. This means emphasizing development strength and speed physical abilities and endurance and the speed of competition (Rhythm Competition) through special trainings and this must be the seeker. Use way new related the possibility of identifying new training intensity especially for contestants who run two similar competitions, such as 800 m and 1500 m, according For speed of competition to them, Which is the speed of the median distance that mediates the two comparable competitions, according to scientific planning thought for impact in develop some special physical abilities and complete these two competitions, as the researcher believe that this method didn't use currently and previously in exercises these two competitions. As well as follow-up Results analysis the most ancient times of each contest in a field and my job. This may lead In a direct to improve performance and achievement paramount we building philosophy training special signed manifesto in development racer abilities based on results the rate of competition for each contestant during the race, which is called (race speed or racing rhythm) as strategy to get a good position among the contestants, apply the search to a sample of the Talent Center Sports Centre in Baghdad, and the researcher conducted special speed tests and carry the speed and withstand the speed of the competition and achievement. The special exercises were applied to the sample of the research for 10 weeks and at the rate of 3 units per week, and the researcher produced several important conclusions, including an effective development in the ability to withstand speed and withstand the speed of the race and the development of partial times for each contest as well as the development of achievement.

Keywords: Racing Rhythm, Law of Ability, Special Endurance and Special Training.

Introduction

The competition of running 1500 meters is one of the medium competitions of near-maximum effort, as well as the competition of running 800 meters, which is another of the

medium and fast competitions according to the international number achieved in them and which require a degree of strength, speed and special muscular endurance, and often one contestant participates in the performance of both competitions, and this It requires the use of a

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training method that meets the requirements of both competitions and is related to the possibility of determining a new intensity of training for partial distances according to the speed of a competition that is common to both distances according to the speed of a competitor common to them, which is represented by the speed of the average distance that mediates the two competitions, according to a thoughtful scientific planning in a field and practical manner, which may result in a form. Directly to improving the special physical abilities, biomechanical indicators and achievement and thus we can build a special training philosophy that depends on the development of the competitors' abilities of these two competitions based on the results of the real speed rate adopted by the competitor during the race, which is called (competition speed or racing rhythm) and which the competitor adopts as a strategy to obtain Good position among peer contestants.

Sports training requires knowledge of the basic information that goes into building most of the laws that are related to the kinetic foundations of human performance, which is the basic basis on which the content of any training program is based (Al-Hali, Al-Saffah and Athab, 2019). The term race rhythm speed has been dealt with by scholars in several definitions through some sources. It means "the highest speed a player can continue with without exhausting effort and below the lactic threshold" (Ali, 2011) and it also means "the highest rate of oxygen and oxygen velocity that an athlete can reach within a distance." The race "(Ali, Athab and Hamzah, 2020). It is recognized that determining the training intensity when running exercises for various distance runners is for the purpose of developing speed and bearing the special speed. It requires us first to determine the maximum time to travel this training distance that we want to train our players on, and this time represents the maximum intensity for it (100%) to determine the intensity. Traditionally, it is required to train on it from this maximum intensity, and thus the matter required the adoption of the mass, time and distance variables in accordance with the law of mechanical power to determine the time intensity of partial distance training, which was originally based on the speed of competition in order to have an effective effect on the development of the maximum time on the intensity to be trained (Alsayigh, Athab and Firas, 2017).

The researchers decided to use a common racing speed rhythm for 800 and 1500 m distances and to find training times for partial distances and determine the intensity for these distances according to the Ability Law, which

gives the privacy of each individual's ability to perform, and the effect of this training on improving the ideal race speed (rhythm) and special physical abilities and achievement, As the researcher believes that he did not use the determination of intensity according to this speed and the law of ability previously, and he believes that this method of determining the training intensity of parts of these distances effectively affects and develops the physical abilities of this activity and the consequent development of achievement.

The importance of the research lies in clarifying the use of racing speed and determining the intensity of training according to this speed (rhythm speed) and in the law of ability and economy by training the special physical abilities of the player in the 800 and 1500-m races and obtaining a new training intensity to train an actor, and this in fact requires knowledge of the basic information that goes into building Most of the training curriculum and knowledge of the kinetic foundations of human performance, which is the basic basis on which the content of any training program is built.

Therefore, the aim of the research is to determine the speed of a joint competition for the two 800m and 1500m competitions, to prepare training distance running exercises for the Ability Law according to this speed, and to identify the effect of these exercises on some special physical and biomechanical abilities and achievement.

The researchers assumed that there were statistically significant differences between the pre and posttests in some physical and biomechanical abilities and achievement of the research sample.

Research Methodology

Using the experimental method, designing the (equivalent experimental group), and the researchers chose the research sample from a hostile community of 800 and 1500 meters for the youth, which numbered (10) runners, as (8) competitors were deliberately chosen from the players of the National Center for Talent Care with Power Games and the Olympic Champion Project in Baghdad. They represent 60% of the original population. The two researchers made sure of the homogeneity of the sample members by finding the coefficient of torsion (length, mass, training age) and as shown in Table (1).

Table 1.

Shows homogeneity

Variables	Unit of measure	M.	Median	SDD.	Skewness
Length	meter	1.655	1.675	0.057	0.489
Mass	Kg	64.25	62.50	7.046	0.88
Training age	years	4.38	3	1.99	1.03

It is noticed from the above table that the torsion values decreased between (± 2), and this indicates the homogeneity of the sample members in these variables.

The two researchers used several devices and tools in their research, including a laptop computer (Lenovo), analysis software and various measuring tools. They benefited from studies, research, Arab and foreign sources, the international information network (internet), observation, experimentation, analysis and exploratory experiments. The researcher used the following tests to carry out his research:

- First test: Running test (100 meters) from standing (Alsayigh, Athab and Firas, 2017).

The purpose of the test: to measure the maximum speed.

Tools used: The race area is defined by two lines, one for the beginning and the other for the end. Performance specifications:

The contestant stands behind the starting line of 100 meters in the standby mode. The laboratory starts with the whistle blowing to calculate the time from the starting point to the end of the distance line. The tester runs at its maximum speed to cut the finish line, and the recorder records the time that the timer tells him from the moment of the signal to the moment of crossing the finish line and records the time in the second and its parts after calculating the average time of the three timers to the nearest 0.01 second.

- The second test: the achievement test, 800 m
- Objective of the test: to measure the time achieved for a distance of 800 meters.

Description of performance: The test begins with a competition between 5 contestants representing each group in the registration form. The runners take the position of standing behind the line (starting from standing).

The race begins when the start signal (the beeper) is heard, as the runners run on a 400-meter range for two laps and a timer is assigned to each runner if the clock starts with the timing at the start signal, and the clock stops when the runner's chest reaches the finish line and the registrar records the runner's time in a registration form prepared for this purpose in minutes And seconds to the nearest tenth of a second.

- The third test: the achievement test of 1500 m
- Objective of the test: to measure the time achieved for a distance of 1500 meters.

Performance description: The test begins with a competition between 5 contestants in the registration form, as the runners take the sitting position behind the line (high start). The race begins when the start signal (the beeper) is heard, as the runners run from the starting line of the 1500 m competition to cross the first 300 m distance and then continue by cutting three other rounds, each cycle length of 400 m and a timer is allocated to each contestant as the clock starts at the timing at the start signal, and the clock stops upon arrival The runner's trunk is the finish line and the runner's time is recorded in a registration form prepared for this purpose in seconds to the nearest ten.

- The fourth test: measuring the time of a distance of (1000 meters) from standing (Athab and Hassan, 2010)

The purpose of the test: To measure the speed of the joint competition between 800m and 1500m.

Performance specifications: Players stand on the starting line of 200 m, which is the starting line at a distance of 1000 m, so that the contestants will take two and a half laps, and they will continue running with their utmost effort to travel the distance to the finish line. The recorder records the time that the timer informs him from the moment of the start signal until crossing the finish line and records the time in the second and its parts after calculating the average time of the three timers to the nearest 0.01 second.

Biomechanical Measurements

Average time of step for the fifth 100 meters (tempo) from a distance of 1000 meters

The average time for the step in the third (100 m) of the rhythm course (1000 m) was found from the following equation:

$$\text{Rate of step} = (\text{time}) / (\text{steps number})$$

The rate of speed for a stride

And then the measurement of the average velocity of a step during the fifth 1000 m was extracted depending on the length of the step and its time as follows.

Rate of step velocity = step length ÷ time rate of step

$$1.75 \cdot 5.271 = 0.332 \div m / s$$

The two researchers have relied on the following equation to extract the rate of rhythmic velocity, which is calculated (6: 65) for the time of 1000 meters with the following example of times:

Time (800) 125 seconds + time (1500) 255/2 = 190 seconds, which is 1000 meters. By dividing 1000 m by its time = 1000 m / 1.90 = 5.263 m / s and this rate is very close to the rate of the step velocity. The researcher performed the pre-tests on 7/2/2020 for a period of two days, as follows:

The first day 7/2/2020: 800 meters are completed.

Day 2 3/7/2020 - Test running 1000 meters from standing

The third day 5/7/2020: Test of running 1500 meters.

- The main experiment and determining the intensity of exercises according to the speed of rhythm and the law of ability.

The implementation of the exercises was started on 7/6/2020 until 5/10/2020, and the training intensity was determined at the speed training for middle distance runners. It requires us first to determine the maximum time to cut the distance of the rhythm speed and then determine the intensity to be trained on from this intensity (Athab, 2019), we start first By extracting the average race pace, according to the law

$$\text{Velocity} = m / \text{time}$$

This speed was adopted in finding the time for the special training partial distances and we divide each partial training distance such as (100, 200, 300, 400, 600, 1000, 1200 m) at this speed. Let us take an example for that, for example, the time of the partial distance is 200 meters from this speed, so it is As follows:

$$5.263 / 200 = t$$

$t = 200 \div 5.263 = 38$ seconds the maximum time for the partial distance from the race according to the competition, then we determine the intensity according to the law of power $t = 3 \sqrt{m \cdot \text{distance}^2 / \text{ability} \times \text{training intensity}}$, and so on for the rest of the training distances. After determining the intensity, the training units (the main section) are made according to the intensity from the speed of competition and the law of ability, and they are applied in the daily exercises at a rate of 10 weeks and in the special preparation period and 3 training units per week. With the same procedures and the same method and conditions in which the pre-tests were carried out. After completing the exercises, the post tests were conducted on 8 and 10/10/2020 with the same procedures and in the same manner and circumstances in which the pre-tests were conducted.

Results

Table 2.

Statistical values in the results of the pre and posttests in the physical and achievement tests

Se.	Tests	Mean	St. deviation
100m	Per	12.24 _{sec}	0.060
	Post	11.75 _{sec}	0.065
1000m	Per	190 _{sec}	1.807
	Post	181.2 _{sec}	1.059
800m	Per	125 _{sec}	3.45
	Post	118 _{sec}	2.17
1500m	Per	255 _{sec}	0.841
	Post	222 _{sec}	0.285

Table 3.

Comparison between the pre and post tests

Tests	M. diffe	St. error	T value	Deg. conf.
100 _m	0.49	0.104	4.676	0.000
1000 _m	8.8	2.724	3.230	0.005
800 _m	7	2.083	3.60	0.009
1500 _m	33	10.563	3.124	0.001

Significance level $\leq (0.05)$ and in front of the degree of freedom (7)

Table 4.

Show means and standard deviations of step variables

Variables	unit of measure	tests	mean	Sta. dev.
Average step length	meter	per	1.702	0.054
		Post	1.85	0.130
Time rate of step	Sec.	Per	0.370	0.006
		Post	0.320	0.004
Step speed rate	m/sec	Per	4.60	0.258
		post	5.781	0.241

Table 5.

Show Statistical values between pre and posttests for step variables

Variables	M.diffe	St. error	T value	Deg.conf.
Average step length	0.148	0.040	3.692	0.005
Time rate of step	0.050	0.0168	2.970	0.001
Step speed rate	1.181	0.210	5.623	0.003

Significance level $\leq (0.05)$ and in front of the degree of freedom (7).

Table 6.

Show Statistical values between pre and posttests for step variables

Tests	M.diffe	St. error	T value	Deg.conf.
100 _m	0.49	0.104	4.676	0.000
1000 _m	8.8	2.724	3.230	0.005
800 _m	7	2.083	3.60	0.009
1500 _m	33	10.563	3.124	0.001

Discussion

It is evident from Table (3 and 4) that there are significant differences between the pre and posttests in the variable maximum velocity The 100-meter test for the research sample and in favor of the posttest due to the use of exercises according to the speed of the race rhythm and the law of ability in which the sample exerts rapid muscle strength for a limited period of time continuously during The distance of the run, which improved the ability of the muscles to exert force effectively and quickly (Athab and Alsayigh, 2021), and this was evident through the significant differences in the results of this dimensional test, which gave an indication of the development of the instantaneous force required to overcome the inertia when starting from stability for the members of the research sample due to their exposure. The vocabulary of special exercises according to the intensity required for the speed of the race rhythm and the mechanical ability that was effective in obtaining the appropriate speed (Athab, Hussein and Ali, 2019), which affected the development of the strength of the muscles involved in running and the emphasis on the use of appropriate anaerobic energy during the performance of these exercises by exploiting the special intensity through the legal speed of the rhythm of the race Used and the law of ability, and this is consistent with what that "the speed of strength and training of the leg muscles is related to Special exercises that develop from the reflexes of these muscles, which is reflected in the development of their speed of production" (Cicutti, 1988) despite the difference in the speed of running, which was related in intensity to the law of the mechanical ability of the muscles involved in running. The use of special exercises made control over the parts of the body and the amount of The appropriate muscle contraction is one of the things that "affect the development of muscle strength and force velocity that will inevitably develop the speed of the body's performance as a whole, and achieve the appropriate real pathways for the body parts working during the performance of this activity that give good fluidity during the stages of artistic performance"(Crockett, Ekeland and Shamoo,

2000), The stage of increasing speed is greatly affected by the muscle capacity by exerting a rapid force to travel a distance in a short time, and "that speed exercises must be performed according to the target velocity level in the training curriculum in order for the physiological adjustment process of the body and muscles to take place according to the required speed, target movement frequency and the supporting force (Feldman, 2006).

We also note the effect of speed training exercises for other parts of running distances 800 meters 1500 meters according to the rhythm of the race and the law of ability. It was evident in the development of the time of crossing the joint distance, which expresses the speed of competition, which is a distance of (1000 meters), which expressed the development of the ability of muscles to exert strength and develop the ability Its contraction and relaxation for a relatively long period was represented by an improvement in the speed of the racing rhythm represented by the time of the distance of 1000 m, and this indicated the improvement of the interaction between the endurance of the fast muscle force and the continuation of the speed in order to obtain the best time to travel this distance that serves the production of a special maximum speed that matches the performance path of the 800 and 1500 runs m, which affected the continuous exertion of force during contraction and extension in the muscles of the legs and its proportionality with the speed of movement required to travel the speed-bearing distance of the competition, which means "the player's ability to resist fatigue resulting from performing the same activity for a long time in the field of specialization" (Grierson, 2014). The endurance of the speed of competition is very important and necessary for many sporting activities that require extreme or near-extreme performance, so that the athlete resists fatigue and addresses the accumulation of amounts of lactic acid in the muscles. And blood due to lack of oxygen due to high performance stress "which is related to the resistance of the individual's organ systems to fatigue under conditions of extreme stress" (Hughes, 2015), and this means the development of the level of endurance of the sample members, which was reflected in their "ability to maintain speed in conditions of continuous work and the development of their resistance ability. For fatigue when a load with a high degree of intensity (75% -90%)", and thus the exercises according to the speed of the race rhythm by the law of ability worked to increase the efficiency of the sample members in overcoming fatigue and resisting it continuously exerting muscular effort during fast running The long journey represented by traveling a distance of 1000 meters with an attempt to adopt

increasing speed, meaning that "bearing speed means the struggle against fatigue and its resistance during a continuous muscular effort that requires the demonstration of increased speed and the production of energy by the aerodynamic method" (Johnson *et al.*, 2016).

As it is clear to us from Table (4) itself that there are significant differences in the results of 800-meter and 1500-meter runs (achievement), and this is a logical result of the moral results of the physical abilities of special endurance and racing speed that were previously discussed above, as work focused on implementation according to the correct scientific foundations at The application of training at partial distances depends on the speed of the race rhythm and then extracting the target time for that distance and determining the intensity in the law of ability, was influential in the development of achievement and the speed of competition and achievement, as the training used and a short rest for special distances from the race distance, and by adopting this speed in determining the intensity of the exercises And by the Ability Law, it led to an improvement in the endurance of the private runner at a faster pace than the racing rhythm, and there had to be repetitions to train the special running and endure the special speed and with almost high intensity with the technology of rest time between the iterations in order to develop these special abilities which is the main determinant of the superior ability to run 800 and 1500 meters "(Moritz *et al.*, 2013), and the researchers believe that the exercises they used had achieved an effect on the rhythm of the race in the way that ensured the continuation of the speed at the required rhythm and what was associated with that (adaptation A The central nervous system occurs through the rapid and repeated exchanges of these processes, muscle contraction and diastole processes in the working motor units, which leads to the achievement of the required speed and its continuation (Rey *et al.*, 2019) .

The results in Tables 5 and 6 were in line with what happened in terms of the development of the special speed of the members of the research sample, which used the speed of competition training in the Ability Law, and this indicates a clear indication of the development of the speed and speed endurance of these competitions that have been emphasized.

Conclusions

1. Training according to the rhythm of the race and the Ability Law had an effective role in developing the achievement of the 800 and 1500 m races.
2. The exercises according to the rhythm of the race, the division of distances and the

determination of stresses in the law of ability contributed to the development of special abilities (special endurance, speed, and race speed).

3. The evolution of the step speed for the distance of the competition speed of 1000 meters.

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Appendix

Some exercises applied to the research sample.

Saturday: (1000m x 4) 90% intensity of speed for a contest, 1: 3 rest between reps.

Monday: 400 x 4 - 90% rest 4: 1 rest, followed by rest 3m x 2.

100 x 2 - 85% Rest 3: 1 followed by Rest 2 minute x 8.