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THE FORMATION OF FUNCTIONAL INDICATORS IN THE MANAGEMENT OF THE TRAINING PROCESS OF LONG-DISTANCE RUNNERS AT THE STAGE OF DEEP SPECIALIZATION

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Annotation. This article analyzes the formation of functional indicators in the management of the training process of long-distance runners at the stage of in-depth specialization.

Keywords: long-distance running, training process, functional indicators, endurance.

Introduction

Sportchin sakharijjro etmasin, shu motorlarning Hajmi, intensity and quality (coordination, technique and tactics) of organisms functional zahirasi and bioenergetic potential of Bilan belgilanadi. Uzak distalga yugurshda uziga typical mansion Karaba regularly uzkaziladigan engaged in yuklamalari sekin-asta sportchilar omning moslashviga sublime keladi. The distance is narrow yukgarish turgurtarid turkurlik-chidamkorlig stable qualitative composition related to the causal relationship yuksak sport natijalarga erishish the opportunity to improve the quality of the "centrifugal" nerve tizimi, olish organiga breathing, yurak tomir teziga rocket sports tour and evaluation of the effectiveness of components in the end, it is not so. Unil Athletics uzunlikka sakrash, emission and uzok remotely organized an accelerated tour of the "centrium" and "peripheral" component of functional equipment produced in finished form (Pavlova O.I., Olimov M.S., Halmukhamedov R.D.).

Discussion

In athletes who run long distances, the ability to work, even the result of sports, is determined in priority by the functional capabilities of the cardiovascular and respiratory organs.

In assessing the physical and functional activity of long–distance runners, it is reliable information in determining their functionality by using indicators related to IOQS, SQB, DQB, Genche test, nos, MOQ, OTS, PWC170 working capacity, O2-pulse as diagnostic criteria. (Karpman V.L. and others).

Long-distance running athletes recognize that the physiological indicators recorded by most scientists are important when assessing the aerobic capacity and level of endurance of the body. In this regard, the emphasis is especially on the absolute (l/daq) and relative (ml/kgm/daq) volume of maximum oxygen consumption.

Analysis

In the experiment carried out by US, functional training indicators of athletes running long distances were expressed in specific features (Table 1).

The level of functional indicators in athletes running long distances(±δ)

№	Physiological indicators	Control group		Experience Group	
		TO	TK	TO	TK
1	Number of heart contractions (YuQS, dice/min)	76,9±4,5	75,8±4,1	76,4±4,3	74,1±3,8
2	Systolic blood pressure (SQB, mm.sm.us.)	120,1±4,5	119,9±4,1	120,7±3,9	119,5±3,6
3	Diastolic blood pressure (DQB, mm.sm.us.)	72,2±2,2	71,8±1,9	71,8±2,2	70,5±1,8
4	Squeezing the breath (gerchesnovi, number)	20,4±3,8	21,5±3,6	21,7±3,7	22,7±3,2
5	Number of breaths (NOS, Mar/min)	13,5±1,6	13,9±1,4	13,7±1,4	14,1±1,1
6	Maximum oxygen consumption (MKIQ, ml/min)	2894±196	3017±178	3045±181	3242±188
7	Maximum oxygen consumption (MKIQ, ml/kgm / min)	52,5±4,9	53,1±4,8	52,9±4,6	54,7±4,2
8	Lung vitality capacity (OTS, ml)	2924±511	3224±459	3279±491	3895±465
9	Relative lung vitality capacity indicator (OTSN, ml / kg)	56,1±4,9	57,8±4,3	58,4±5,4	61,2±4,4

10	PWC170 (kgm/min)	1425±185	1498±178	1478±191	1546±184
11	PWC170 (kgm/min/kg)	22,4±3,4	24,8±3,1	25,3±3,6	26,9±3,2
12	O2 – pulse, ml/in advance	9,4±1,8	13,2±1,5	14,4±1,7	16,4±2,1

Functional indicators of children 16-18 years old who run long distances were expressed as follows. The cardiovascular system was equal to 76.9±4.5 dice/min in children aged 16-18 years in a calm state before training for the number of contractions, while in athletes aged 16-18 years this figure was on average equal to 76.4±4.3 dice/min.

Systolic blood pressure in long-distance runners 120.1±4.5 in 18-19-year-old testers mm.sm.US.ga when equal, in 18-19-year-old testers, this figure is 120.7±3.9 mm.sm.US.ga it turned out to be equal. Diastolic pressure was expressed in indicators equal to 68.4±1.8 and 64.2±1.2 mm/s.u.

As you can see, the indicators reflecting the functional activity of the cardiovascular system were expressed by specific indicators in long-distance runners. It has been found that there is a difference between 2-discharge athletes and 1 - discharge runners, and they indicate that these indicators are well formed in 1-discharge athletes compared to 2-discharge long-distance runners of their organism.

The absolute volume of maximum oxygen consumption was 2894±196 ml/min on average in athletes aged 16-18 and 3045±181 ml/min in athletes aged 16-18.

With sports that require endurance quality, MKIQ is the most quantity. In long-distance runners, 5.0-6.0 l/min (or 80-85 ml/kgm/min), while in those engaged in rowing,these indicators amount to a little less than 4-4.5 l/min. or MKIQ 2924±511 ml/min in athletes aged 16-18 years in the testers who participated in the study, if it was determined to be equal to 65 ml/kgm/min. or 52.5±4.9 ml/kgm/min., and in athletes aged 16-18, 3279±491 ml/min. or was observed to be equal to 58.4±5.4 ml/kgm/min.

Many experts researcher-scientists note that the MKIQ indicators indicate that the functionality of long-distance runners can also serve as an important integral criterion in predicting sports results.

In comparison with the indicators recognized by other authors according to the MKIQ indicators observed during our study, it shows that the aerobic work opportunities of long-distance running athletes who participated in this study were not sufficiently formed. In the data provided by scientists, the indicators obtained by maintaining breathing with a deep breath or a Genchi test were expressed in the fact that a medium-distance runner is equal to 20.4±3.8 C in children 14-15 years old, and 21.7±3.7 C in runners 15-16 years old.

According to the data provided, breathing retention in highly qualified athletes is 40 s, especially those who are engaged in sports that require endurance quality (swimming, rowing, cycling).from 60-90 P.it has been shown that it can continue until.

The ability to maintain breathing by taking a deep breath is an indicator that reflects the possibility of "economical use" of the O2-pulse remaining in the body of long-distance runners (lungs, cell, muscle tissue, functional organs), and the formation in long-distance runners plays an important practical role. Nevertheless, the indicators carried out on this functional test indicate that the ability to maintain breathing in long-distance runners is not sufficiently formed. In other words, it indicates that athletes have limited hypoxic capacity. This does not allow achieving upward results, negatively affecting the development of aerobic and anaerobic working capacity associated with endurance in long-distance runners.

In a study on respiratory frequency, this indicator in long-distance runners is on average in athletes aged 16-18 years

It was equal to 13.7±1.4 dice/min. According to the data provided by leading scientists, middle-aged healthy men showed that they can breathe and exhale up to 16-20 times a minute. From the studies it is known that it has been mentioned that the frequency of breathing decreases as a result of running types in regular sports practitioners, especially those who run medium, long and extremely long distances that require a quality of endurance.

In the practice of assessing the functional capacity of the respiratory system, indicators reflecting the capacity of the lungs for Vitality (OTs) are also widely used. 2924±511 ml in long-distance runners aged 16-18 who participated in our study. from quantity, expressed up to 3279±491. In long-distance runners, the fact that the grass is represented by such a difference corresponds to the data recognized by other authors. It was equal to 58.4±5.4 ml/kg in long-distance runners aged 16-18 years in terms of relative lung capacity.

From the above results and their comparative analysis, it can be noted that although the difference in functional indicators observed in athletes running long distances has a logical essence, the average amounts of these indicators indicate that they do not have optimal formation of the cardiovascular and respiratory systems, or, in other words, there are not enough suitable "functional reserves" in these organs.

As you know, in sports practice, especially in sports that require a high quality of endurance, sports results are largely determined by the functionality of the cardiovascular and respiratory organs. Consequently, the "functional reserve" recorded in runners who participated in our study cannot be the foundation for high results.

Conclusion

The study of the dynamics of the formation of functional training during the annual preparatory cycle indicates the need to make the necessary changes to the volume or intensity of planned downloads on micro, meso and macrocycles. In this regard, the priority functional indicators, which are obtained especially at the beginning of the preparatory cycle and during all preparatory cycles, can, on the one hand, help to determine the effectiveness of the sessions carried out, and on the other hand, can serve as the basis for optimizing the volume or intensity of future loads, and on the third

hand,Studies on long-distance runners in this direction show that, the obtained initial indicators and the dynamics of their change throughout the year indicate that the cardiovascular and respiratory systems are poorly formed, in some cases unevenly .When managing the functional training of long-distance runners, it is the Polar Taem 2 aparatura that allows them to be effectively controlled, in addition, it is necessary to form functional systems using tools. We have developed and put into practice the training methodology above, which is aimed at developing their functional training for long-distance runners training processes.

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