

PROBLEMS OF MANAGING THE TRAINING PROCESS OF LONG-DISTANCE RUNNERS AT THE STAGE OF A DEEP SPECIALIZATION

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Abstract. In this article, the problems of managing the training process of long-distance runners at the stage of in-depth specialization are analyzed, and proposals are developed based on the results of the analysis.

Keywords: training, running, long-distance running, loading, power quality, output.

Introduction

A systematic approach to the management of sports training determines the need to take into account the characteristics of the model model of the athlete. These descriptions show the main components of the activity in Real (real) units of measurement. According to experts, it was cited that the need to study the future showing results, States of controlled objects is one of the main tasks of managing the process of sports training.

Many scientists have suggested that management in sports should always be focused on one goal. He covered the target approach in management in his research. This approach indicates the exact setting of the goal (forecasting sports results and the level of training); ways and methods of achieving the goal (methods of pedagogical influence and their distribution over time); pedagogical control of the implementation of plans; making indicates the need to take into account the introduction of influences.

Quick information about the imperfection of the circumstances that scientists (in their opinion, are Real(real) and should be pre-competition training should serve as an objective basis for some complete proof of their content. To date, a huge amount of information is covered in the special literature, which relies on the research of pedagogical technologies for managing the training of athletes specializing in various areas of athletics.

In the studies of scientists, it is indicated that the designation of effective means of training young runners at different stages of the annual cycle implies the use of training loads over time in a certain sequence, the determination of the possible volumes of special training at the stages of the annual cycle and its Aloh. This indicates the need to have sufficient information about the specific value of the sensitivity of special exercises in mesocycles in different directions.

Discussion

K.T.Sharkirzhanova believes that the lack of concrete recommendations in the scientific literature on these issues leads to a speed that does not justify itself in the training process, stagnation of the results of athletes (stopping in one place) or going back. They expressed the opinion that the total volume of training loads in mesocycles can be up to 24-25% of annual volumes.

In this case, it is believed that the maximum (highest) volume of loads in the monthly cycle should be equal to 20.7% for growing overall endurance, growing strength qualities-16.0%, speed-strength qualities – 14.0%, speed-endurance – 12.5%, speed capabilities and speed – 12.7%.

Analysis of the state of the neuromuscular apparatus of long-distance runners showed that in the first and second mesocycle of the autumn-winter training period, as part of special training, it is possible to recommend intensive running in a mixed mode, in the third-aerobic, anaerobic-mode runs and intense running in anaerobic mode in the fifth intensity zone.

The first mesocycle of the autumn-winter preparatory period requires yuut 120-140 zar/daq runs from the aerobic regime, and yuut 141-150 zar/daq runs in the second zone.

In the third zone, 151-160 dice/min runs, in the fourth 161-180 dice/min. runs. Fifth showed that it is necessary to train in a zone of intensity of 180 dice/min and above.

Training loads in the annual cycle of training for runners in training groups of sports schools should be of the following size.

In the first year of annual training of long-distance runners, 1600-2000km of aerobic loads are performed in mixed mode if performed. Anaerobic mode shows that 100km distance running loads can be performed. In the second year of preparation, when the volume of aerobic downloads is equal to 2200-2600km, it turns out that the downloads in mixed mode can be performed 500km. And in anaerobic mode, loading up to 120-125km can be performed. Downloads in aerobic mode in the third year 2800-3400km. ni forming, the mixture is 600 km while anaerobic mode is 150km. up to have indicated that downloads can be performed. In 3 years of preparation, 3400-3800 km are performed, and in the 4th year, aerobic loading 3000-600km anaerobic mode downloads in mixed mode. The task of the deepened sports training stage is to create the fundamental (basis) of full-fledged physical fitness. Based on this, in the 3rd and 4th years of

preparation, the cross country is on average 2000 km, in accordance with the total volume of the run up to, jumping exercises 10-12 km. must consist of. Various meaningful games take 30-40 hours.

An analysis of the diverse structure of special running loads of long-distance runners showed that intense training can consist in reducing the total volume of tools in annual training by 20% by a single rational distribution in the annual cycle.

The structure of physical and technical training of athletes, which determines sports skills, is scientifically substantiated by many scientists. In the annual cycle, the features of the organization of the training process and the micro and mesocycles of training were revealed, informative (informative) methods of pedagogical control of the level of training and competitive loads were proposed, quantitative indicators and structure of physical and technical training were studied, the degree of their relationship with the results of sports at each stage of It is based on aspects such as the cultivation and targeted orientation of physical qualities in relation to higher sports skills in many years of training (including in the stage of deep specialization).

Experts believe that when special physical training is systematically studied, the results of short – distance runners of different categories in running 1000 meters were associated with endurance indicators, relative strength and speed-endurance qualities, while these results showed that the given rapid endurance has a low coefficient of bilinear correlation (correlation). The results of the 500-meter run, on the other hand, are correlated with the indicators indicated above (the correlation acquires).

800 and 1500 m of medium-distance runners from the III discharge to the I discharge. the results of the run showed that it has a high - coefficient correlation with agility, speed-strength qualities, special and general endurance indicators. A decrease in the layer of connection between special and general endurance of sports results in athletes with a candidate for Master of sports and a master of sports level of a runner at a distance of 800 m, 1500 m. specialized runners have been found to have these indicators ($p < 0.05$ at $r = 0.31$).

M.S.Olimov (from the information provided by ii-razyadli showed that athletes conduct 320-340 sessions per year. The total load capacity was 2800-3000km. In aerobic mode 2600km. ni organization, anaerobic mode downloads 100-120km. ni the jump exercise showed a separation of 40 hours to 7,000-10,000 games.

The optimal visibility compliance of the volume of downloads of athletes in different directions in the annual preparatory cycle has been scientifically substantiated in the experiments carried out and has been checked many times in practice.

Analysis

O.I.Pavlova (83; 87-92 b) believes that the total volume of running in 330 sessions of long – distance runners (II discharge) – 2660 ± 32.5 km, aerobic – mode running – 2287 ± 28.4 km, mixed – mode running volume – 279 ± 8.2 km, anaerobic-mode running volume (taking into account competition loads) – 94 ± 3.6 km, jumping exercises (number of depressions) – 7500 ± 215 , sports games – 25 ± 2.2 hours, general developmental exercises – 56 ± 4.1 hours; in athletes with the first discharge, the total volume of running in 350 workouts is – 3196 ± 48.6 km, running in aerobic mode – 2675 ± 30.4 km, running volume in mixed mode – 402 ± 12.7 km, running volume in aerobic mode (taking into account competition loads) – 19 ± 4.2 km, jumping exercises (number of depressions) – 9800 ± 195 , sports games – 20 ± 1.5 hours, general developmental exercises – 42 ± 3.6 it has shown in its research that the clock is up.

The experience of using in practice the rational correspondence of the volume of training loads in different directions in the annual cycle made it possible not only to grow sports results at the stage of a deep specialization, but also to serve their subsequent promotion of sports results, while remaining at other stages of many years of training.

A four-week model of mesocycle training was developed for long-distance runners before the main competition season. M.S. According to Olimov and other scientists, it has been shown that medium-distance runners achieve a high result at the main start (competition) of the season, directly by working on waveguide circuits, and not by applying a structure to gradually reduce the volume in the pre-competition stage preparation.

M. According to Olimov and other scientists, the competition took mesoscientific IV, III, II and I weeks of training considers optimal in the dynamics of the following loads.

O.I.Pavlova total running volume in long-distance runners 70%, 45%, 55%, 30% at; energy (o.I.Pavlova) running volume of power supply in aerobic-anaerobic mode 23%, 17%, 18 %, 5% it has shown in its research that it should be at.

O.I. In a study by Pavlova, the basic requirements for microcycles of training were substantiated in experimental form:

- course planning of classes on a microcycle against the background of a higher or recovery of working capacity, aimed at developing physical qualities that are the leaders for this sport
- noted the correct distribution of two or more training sessions, in which there are training loads of the same direction
- shows that agility-developing loads can be included in microcycles of training not only in competitions, but also in sports of a fast-power nature in the preparatory period;
- the quality of technical training and endurance has shown that it is not advisable to plan training aimed at improving the days of the week close to each other.
- microcycle has shown an increase in the possibility of achieving a high effect in the development of special endurance due to the planning of training in the direction in accordance with the background (framework) of the restoration of the working capacity of athletes (in sports where endurance is more pronounced).

F.P. In the studies carried out by Suslov, the composition (structure) and variants of microcycles were developed, which included athletes specializing in athletics and sports games in activities during the preparatory period. It indicated that the following factors (factors) must be taken into account:

- specificity (specificity) of sports requirements;
- tasks of the preparatory stage;
- target function of the applied microcycle;
- individual characteristics of the participants (type of higher nervous activity, genetic (hereditary) appearance of targets of physical abilities, athlete's adaptive capabilities);
- indicated the structure of the physical and technical training of the athlete.

As a result of research carried out by scientists (136; 76-78 b), the features of the formation and preservation of the Sports form (athletic ability) of long-distance runners, the need to add tools that serve to show greater endurance in sports of a speed-strength character. During the preparatory period in direct competitions (a few days before the start), the rational unit of loads of different sizes and directions was determined, which ensured athletes to achieve high working capacity in the main competitions of the season.

In accordance with this, however, there are also problems such as the classification, necessary norms and adequacy of physical laws and specific (concrete) pedagogical influence associated with the transition of athletes from one state to another.

Experts believe that an important condition for the effective development of the problem of sports training management is the improvement of the pedagogical control system.

V.N. Platonov believes that the division of previously accepted sports training into periods, aimed at preparing athletes for the main starts of the season on a planned basis, relies on a system of competitions established in the 80s and 90s. But in recent decades in the world arenas there has been a significant expansion of the competition calendar (Calendar), which leads to an increase in the intensity and duration of the competition season in athletics. This led to a change in the conditions of preparation and the practice of competitions, the goals set for the athlete, the main emphasis in training was on targeted preparation for each competition. In this regard, an acute discussion arose about the problem of determining the most important in the training process. Again, in connection with this, due to the specificity of the modern competition calendar, there is an imbalance in the practice of today's competition and the existing scientific and methodological (methodological) provision. The need for reliable and successful participation in such commercial competitions as the Golden league in the series of continuous starts or Grand Prix competitions—a feature of the competition activity of High – Performance Sports (Big Sports), which requires the content of the athlete's training and new approaches to its organization. The process of adaptation to the conditions of high performances (competitions) at international venues (arenas) indicates that sports skills should be formed in advance by modeling the preparation for performances in Series competitions that are not at such a high level.

Currently, at Olympia's games, especially in individual (individual) sports, there is a slight expansion of the competition calendar, which is associated with the desire for the professionalization of high-performance "Amateur" Sports. The directions of professional activity of athletes and their attitude to their content are diverse. On the one hand, it is emphasized (emphasized) that in order to achieve positive changes in the body of athletes, it is necessary to carry out training work that provides a high level of continuous (up to 2-3 months) training. On the second hand, the increase in competition starts necessitates the importance of speed in the preparation of an athlete for each competition. This is reflected in the views on the structure of the training process and the capabilities of the organism in relation to the requirements imposed on it.

According to scientists, one of the effective ways to improve the system of training athletes is to optimize the management of the training process at the final stage of preparation for competitions. Effective management of training at this stage consists in ensuring the effectiveness of all preparatory work that will be carried out in order to achieve the final result.

Sports training shows that management is always targeted. The targeted approach in sports training is reflected in the work of the authors. Such an approach implies the exact setting of the goal (forecasting the results of sports or the level of training); planning ways and methods of achieving it (means and methods of pedagogical influence and their distribution over time); monitoring the implementation of planned work; conducting correctional work.

Systematic preparation management assumes the objective presence of model(template) characteristics in athletes, the reflection of real-numbered measuring signs in themselves, carriers of the main components of the activity.

The need to study future (expected) cases of controlled objects

according to scientists, it is considered the leading task of managing the process of sports training.

The pre-competition training process is considered to be a special function of the holistic process of training an athlete.

In this case, the goal is to achieve model results in a given time interval.

The time interval at the level of the "benchmark" (model), predetermined at the beginning of preparation for the competition, is considered necessary for the formation of the state of preparation of these competitions and the highest operational management.

To effectively predict the performance of the competition, the method of modeling the readiness of the athlete is now used in training, in which the current model is compared with the current one in order to achieve the final goal.

Operational (operational) information about the degree of inconsistency between Real (real) and necessary circumstances provides for the fact that the content and description of the pre-competition training serve as an objective basis for sensory proofreading.

At present, methods, indicators and tests of the unified complex (gross) control over sports groups and sub-system control and its structures have been sufficiently clearly developed.

In sports training management, training depends on the Real(real) processes that take place in the body of those who are engaged in both the volume, intensity, content and orientation of the effects, and they are guided not by the number of invented kilometers, expected kilograms and tons of loads, several attempts and repetitions, overcoming the cross-section of competition distances in turn or

In this case, the methodological basis for periodization of the training process presupposes the current rigid signage and the traditional binding to the lunar weeks, seasons of the year or the Olympic four-year anniversary.

The logical organization of the training process, based on which the details and details are constantly corrected, depending on the situation is built on the basis of Real(real) factors and is checked and clarified on the basis of indicators. In these conditions, the total achieved loads are determined in cases where the volumes and intensity are not changed by the forms created in the imagination, risking athletes and murals, and the results cannot be changed anything. Compliance with individual programs of preparation, training that reaches high points and has a timely effect, minimization of ineffective loads and other pedagogical errors, strict control of the state of the immune system, restorative and preventive preventivepreventive and psychotherapeutic measures V.K.According to Balsevich, scientific technologies acquire a Real (real) appearance in the conditions in which they are implemented.

Among such components I.P.It is possible to include scientific and technological work carried out by Ratov and his students with extreme accuracy. In these scientific works, the basics of creating a modern system of sports training have been developed.

A.Lidyard (59; 224-226b) and co – authors developed the theory and technology of algorithmization of training athletes in terms of speed and strength on the basis of taking into account the phase nature of the change in working capacity and the operational (operational) state of the athlete's nervous (nervous) - muscular apparatus at times, which offers a new approach aimed at

In their research, scientists have identified previously unknown patterns that provide bioenergetics of cyclic loads and substantiated the classification (classification) of the content of new full bioenergetic Spectra.

The proposed methodological approach is based on a new approach in the field of physical education and sports in the scientific, socio-psychological, didactic and intellectual aspect of the technology that requires a completely new science of sports training, aimed at updating the theory.

At the stages of many years of training, much more serious changes are also taking place in the social, legal, economic status of qualified athletes.

First of all, it should be noted that athletes have a significantly increased intellectual level, deep professional(professional) knowledge in the field of theory and methodology of sports training, striving for constant analytical(analytical) activity, are able to assess the parameters of their state not only at the sensory level, but also intuitively and logically-in essence.

The increase in the origin of the needs for the objective criteria for assessing the state of the athlete's physical potential, his health and the changes that occur in them, taking over the methods of forecasting sports results in the near and distant future, has become common for both the athlete and the coach. The interaction of the coach and the athlete in the satisfaction of these needs remains one of the important conditions for achieving high efficiency in the process of sports training. In addition to the exchange of mutual information, such interaction requires finding ways to please everyone and methods of obtaining new information on the selection of medical and biological and technical means, training in multi-year and short-term special sports training and the involvement of qualitative informatization(information) and analytical (analytical) qualified concrete scientists, doctors (doctors), specialists of various directions in

Accordingly, the existing scientific developments of the innovative approach the development of these promising areas of research is extremely important for the diagnosis of the athlete's condition and the formation of fundamentally new technologies and updated theories of pedagogical, psychological and medical-biological proofreading methods or sports training and training, the duration of which is at different levels. It is necessary to carry out analytical(analytical) processing and data retrieval identification and analysis of sports results shown by the athlete's health and at different levels of duration, and even apply the "online" mode when monitoring biochemical and functional parameters in the process of conducting their training. In this case, it is necessary to rely on promising computer technologies and methods for extracting data at the most recent or studied stage, since these technologies and techniques their mathematical-statistical analysis will provide the implementation of techniques, mathematical and mathematical-statistical modeling and forecasting indicators for the development of the system of actions and their reactions to external influences, both constructive and in connection with the conditions of their conduct not only in athletics sports, solo and team competitions, but also in individual sports, goal-oriented optimization, as well as the organization and creation of new training sessions, taking into account the operational management and promising tasks of sports training, as well as in planning, it is considered very important to improve and create

R.Salomov (102; 31-33) believes that, based on the above, in the current conditions, the importance of the personality of the coach, the personality of the athlete showed that in their joint (joint) creative activity in the training process, their

effective interaction with each other will be high. The organization of the pedagogical process based on the research of these relations, the pedagogical and psychological characteristics of active many years of training, their application of the available results in advance (from the very beginning) is considered a very important area of scientific research in the training of athletes of the highest category.

Conclusion

The prospect of increasing the effectiveness of sports training, having considered some areas of scientific justification, suggests the following methodological aspects that, under certain conditions, can be useful for planning this process.

- The purpose of the research of ways to update the theory and methodology of the athlete training system is to create new scientific ideas about ways to improve the technologies of sports training, and in this, the movement, Morpho – functional, psychological and intellectual development of the athlete determines the laws of adaptation to the system that allow him to effectively grow his sports

- An important condition for the creation and assimilation of a new theoretical and methodology of sports training is the integration of many years of sports training aimed at the regular implementation of individual strategies and tactics of sports training, which are strictly aimed at introducing into practice a single scientific and technological career of various fields of scientific and sports knowledge and

- The influence of loads on the organism of athletes by the coach and their planning in a dynamic way, taking into account the "data of proofreading of various components of sports training and the forecast permission of their development" to correct the severity and severity of their prevention is a condition for the harmonious development of physical, technical, tactical and psychological training of the athlete.

Experts believe that the fact that at each stage and period of many years of preparation, specific shortcomings, problems are indicated by errors and shortcomings is among the treats that have not found a solution today. Because the management of the training process creates the basis for achieving high sports results in the future.

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