

Taking Into Account the Biological Characteristics of Runners Over Short Distances in Preparation Individualization

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ANNOTATION

This article deals with the role and features of moral education to the sportsmen, and their patience in the physical training team.

KEY WORDS: *training loading, short sprint, long sprint, gain physical preparation, physical development, somatotipe, dermothoglic.*

The development of physical culture and sports in the country, to educate the younger generation of fully mature and developed up to the level of state policy. Republic of Uzbekistan "On Education", "Physical Education and Sports and the Law" On, "the national training program" in all subjects, including the importance to improve the effectiveness of physical education classes. Today, with rapid steps in the development of increasingly radical reform of the education system in the country and improve the teaching and the introduction of modern information technology plays an important role, youth, physical conditioning, they also take into account the characteristics of an organism can not be ignored.

In this approach, the physical education system is an important principle in order to ensure the health of students, physical training and physical development and improvement of the current problem.

Scientific and methodological literature on the analysis of native and foreign experts and practical experience has shown that athletes training system in all phases of the complex and multi-faceted process.

Currently, the athlete runner-year cycle devoted to the planning and preparation of the scientific research works and their short, middle and long distance runners discussed some issues on the planning and preparation for the annual cycle. However, specializes in short-distance running runner training workload planning of sports training system is one of the most complex issues. Training, and also to the volume of specialized tools and ratios of the present debate on the issues of the country. In accordance with the characteristics of each individual athlete to the load size to determine the optimal intensity and magnitude larger training cycle different stages of training workload required to detail the characteristics of the structure and dynamics. The effectiveness of a variety of remote training of athletes engaged in the training process can be done by means of individualization. Planning of training athletes to achieve high results take into account the biological characteristics, including the ability to adapt to the increasing workload to the athletes body is very important to ensure the compliance of.

For the study of this problem a short sprint (100 m) long sprint (400 m) athletes engaged in, as well as engaged in various distance sprinters sprinters in the control group with the participation of athletes from Urgench State University, Faculty of Physical Education teaching experience. The total number of inspected - 32 people, the sports experience - 3 to 5 years and II -i-bit ones. The selection of the experimental groups participated in the competition of the Universiada held in 2023 in the city of Ferghana runner was carried out on the basis of the results shown by the athletes. The first pilot

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group of 100 m from the best results, a high level of efficiency seen as a sprint. The second test group of 400 m from the best results and efficiency, durability can be represented as athletes. The control group at the same time a short distance (100 m), as well as long-distance athletes who participated in the sprint. Physical testing, we engaged in a short-distance race male sprinters (12 to 18 years) with the result of the remote control to use the exercises interdependence correlations matrix. This matrix speak Pavlova (2003) has been developed. Testing different distances informative monitoring exercises were selected;

The results of the monitoring exercises with 12-18 year old male sprinters from the matrix of mutual dependence correlation

(J.O. Pavlov' s matrix correlation, 2003)

| control exercises | Age | | | | | | |
|-------------------------|--------|--------|--------|--------|--------|--------|--------|
| | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Star running up to 30 m | 0.249 | 0.367 | 0.341 | 0.686* | 0.849* | 0.759* | 0.902* |
| Over 30 m running | 0.785* | 0.681* | 0.696* | 0.775* | 0.711* | 0.857* | 0.883* |
| Star running 60 m | 0.395 | 0.421 | 0.697* | 0.745* | 0.867* | 0.784* | 0.858* |
| 600 m running | 0.251 | 0.274 | 0.385 | 0.467 | 0.688* | 0.431 | 0.690* |
| Tepping test | 0.705* | 0.698* | 0.609 | 0.557 | 0.678* | 0.776* | 0.692* |
| Running long jump | 0.548 | 0.612 | 0.738* | 0.781* | 0.806* | 0.854* | 0.823* |
| Triple jump | 0.385 | 0.308 | 0.351 | 0.496 | 0.729* | 0.716* | 0.814* |
| Jump up over | 0.618* | 0.689* | 0.745* | 0.729* | 0.857* | 0.896* | 0.820* |

Note: * - indicators of reliability.

In addition, our tests have made special preparations to control the dynamics of the following: operational capacity over 30 m and 100 m sprint test, we chose the following additional tests: prompt resistance to 150 m running test of durability the distance of 250 m and 400 m time of examination. Above (Table 1) of the sprinters physical assessment tests.

All the participants in the experimental group than-Step Verification. In addition, 100 m and 400 m race of specialized training in various areas in accordance with the effect of strains on the stages of the annual cycle, as well as the ability to control the dynamics of indicators studied.

Preparation for the short-distance runners of the individual variety, though in most cases the annual cycle can be divided into the following types of preparation: preparation for the autumn-winter, spring training, the summer tournament circuit. This training cycle a total of 48-50 weeks. In addition, it seems appropriate to be divided into 8-year cycle. The duration of each phase of 4-6 weeks. Training cycle periodization academic year. II -I-class sprinters athletes academic year, the curriculum table, and short and long-distance sprint developed a working plan. Determining the direction of the study of physiological workload N.I .Volkov, A.V Karasev E.A Razumovskiy 2006 Description of principles and quantitative criteria used. We are in the direction of its physiological, we highlight the following load types: aerobic mixed anaerobic - aerobic, anaerobic – glycolytic, anaerobic - lactate. This methodological approach runner will allow distribution of the workload to 5 physiological zones rapidly: 1 - 3 2 Restoration develop "extensive", 4 - 5 submaximal maximum zones.

1- Restoration zone. The main objective of the athletes body organs and systems to speed up the recovery process and preparation of the work ahead. Zone basic physiological parameters: the frequency of cardiac contraction, 125-130 shots per minute, the running speed of 4 m / sec.

Main Products: running stretching holiday break, running, running the distance between the parts of the continent, to improve the overall physical development and tonic gymnastics exercises (in the second half of September), which is capable of renewable installations.

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2-developing zone. Coaches development and recovery, the muscles and the development of all aspects of the body and muscle strength, as well as the preparation of the musculoskeletal apparatus.

This zone is very large amount of running done, the contraction of the heart rate is 150-155 shots per minute.

Main Products: seamless, smooth running, running various changing lanes. The employment is primarily focused on providing increased reliance body's physiological development. Gymnastic exercises, and a variety of jumps, lifting, weight, exercising with dumbbells.

According to literary sources, is now involved in 60% of the speed of the race runners in the race, professional athletes - 75-80%, the greatest runners went 92-9%. Professional runners as an upper limit of conditional 4.75 m / sec speed running (October, November).

3-"extensive" zone. Aimed at the further development of the system is increased reliance. In this zone the frequency of contraction of the heart rate is 170-175 per minute pulse, the maximum consumption of oxygen in the zone. Professional athletes, pieces of a long race and race the speed of 5.8 m / sec.

The main objectives of the exercises increase aerobic intensity, strengthening the musculoskeletal apparatus, maintenance of glycolytic and Development of skills. Middle Distance hiking, biking, and swimming are recommended.

Products: running Tracks running for re-growth of 30, 60, 100, 200, 400 m distance pieces running. Not more than 80% compared to the personal records fast lane. The frequency of contraction of the heart at the level of 120-130 per minute strike. A variety of exercises to improve the efficiency of actions repeatedly, the large and rapidly repeated as the main tools used in the exercises. To improve joint mobility and a flexible spine stained gymnastic exercises, regular exercises to perform extraordinary circumstances. The main instrument for the development of quality jumper jumping exercises (December-February).

4-submaximal zone. The ability to work, training activities focused on the development and maintenance of the contraction of the heart rate exceeds 170 per minute strike, a unique feature - aerobic processes complications a decrease in the level of minute volume of the heart. The main tools: the "failures" exercises are performed using the methods of the race with the weakest and the most stress, exercise a lot of time, stress and exercises with relaxations.

Personal record with a speed of 90-100% compared to 200-400 m from re-running, top speeds close to the speed of 50-150 m from the re-run. This phase is due to the coming spring months (March-May to the first half) training program, sprinters running, a very large volume of completed exercises with the ball, weight jump exercises with light dumbbells lifting, pulling or performed gymnastic . All these exercises almost every training should be combined with the sprinters race to perform. The main instrument for the development of quality jumper jumping exercises (December-February).

5-maximal zone. Is running a special ability to develop and maintain rates and artillery aimed at the development of opportunities for improving the speed. Running more anaerobic zone. The end of this stage is to improve and master the ability to perform actions without effort (relaxation mastered), the development of knowledge in the field of tactics, techniques to improve (the second half of May-June and the first half of September).

Main Products: running with the speed in this race; 80% compared to the maximum distance of a variety of pieces, quickly repeated-running; jumps of many times his feet and legs and other parts of the distance up to 50 m and a maximum rotation speed racing.

Based on the above, we can conclude that a variety of different practice of the process of training for distance runners carrying heavy workload, the route and to provide energy for muscle activity to take

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into account the bioenergetics mechanisms.

Research and theoretical analysis of the problem of teaching experience as a result of this, the sprinters to describe the general physical development, as well as the sport among the indicators selected to carry out total body length, body surface, the chest circumference is considered the most informative. Morphological point of view, the height of 178.50 ± 0.80 cm height, chest circumference 94.33 ± 0.59 cm and a body surface of 1.92 ± 0.02 m sprint in perspective.

The innate skills, identification of genetic markers for diagnosis, prompt execution of exercises aimed at improving the quality of genetic predisposition. Dermatoglyphic indicators, including fingerprints, as well as harmony and tops the number of the most informative. 180-190 tops around common values tops the number of high-level estimates as a reliable measure and is recommended for use in the selection of athletes, sprinter.

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