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STRUCTURE OF TRAINING LOADS OF MIDDLE DISTANCE RUNNERS

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Abstract

In this article, it is considered that the specific main characteristics of the loads used by middle-distance runners should be studied.

Keywords: training, loading, intensity, pharmacology, physiotherapy, microcycles.

The sport of athletics has a great role in strengthening the health of students through physical education, increasing the level of physical fitness, improving their ability to defend the homeland and work. Athletics is one of the main sports in all-round physical development of people**.** It is important to develop the physical qualities of athletics through walking, running, jumping, throwing and all-around sports in the development of mature and healthy students. Running is a natural way of moving from place to place. This is a common type of physical exercise and is part of many sports (football, basketball, tennis, etc.). Many types of running are part of athletics. When running, almost all muscle groups in the body are activated, cardiovascular, respiratory, and other systems are active, metabolism is greatly increased. In the process of running, one's will is strengthened. The ability to distribute one's strength, overcome obstacles, and aim in an open place is formed. Running is one of the main means of all-round physical development.

The main characteristic of the loads used by middle-distance runners is the alternation of lighter training loads with more complex ones. But a number of researchers show that it is necessary to study the impact of loadings not only on their size, but also on their more useful exchange in microcycles and their appearance after the general cumulative effect. Leading scientists (2,3,4) have been interested in the training cycle and the problem of creating some of its structural units for many years. But currently, in practice, many questions raised due to the increase in the volume and intensity of loads are being solved based on experience. In particular, the most important structural unit of this training cycle belongs to the weekly microcycle. Training planning based on microcycles allows for better use of the

capabilities of the athlete's body to achieve better results and at the same time investigate the balance between fatigue and recovery cycles.. Studying the recovery reactions of middle-distance runners after training in different directions, full recovery of all studied indicators was achieved 6-8 hours after training in the speed direction, in general and and after training aimed at improving special training, they noted that some cases could not reach recovery, while others recovered at a high level. There were no significant differences explaining the specificity of training (except for work capacity on the standing 15-s running test and the rate of decline of strength after special training). After three consecutive days of training, the deterioration of all parameters characterizing the activity of the vegetative system was noted. Based on this, the authors conclude that three days of rest is necessary after three days of training. The positive side of this study is that the authors studied the effects of different types of training on the body and determined the sum of the effects of two or three trainings in a row. However, no one paid attention to the fact that the indicators did not show that they had not reached recovery, as there were mainly indicators characterizing the activity of some vegetative systems. Training of middle and long distance runners.

Main duties

1. To learn the correct technique of running for medium and long distances.
2. Improving the level of general physical fitness of the athlete.
3. Development of general and special endurance adapted to running for medium and long distances.
4. Speed up in sprints of 100, 200 and 400 m.
5. Cultivating the feeling of speed in running.
6. Learning the breathing rhythm.
7. To increase the moral and voluntary qualities of the runner.
8. Finding optimal tactical options for running the distance.
9. Conduct theoretical training.

In order to achieve high sports results in running, the physical aspects of the runner are of certain importance. But success in middle-distance running mainly depends on the overwork of all organs and systems of the athlete. For this, first of all, the functioning of the cardiovascular, respiratory and central nervous systems should be good. Usually, 5-7 years of properly structured training will bring a runner to high sports results. Achieving a good result depends on how developed the physical qualities of the runner are. Achieving high performance in middle distance running also depends on the level of maximum speed in sprinting. The best middle-distance

runners can run 100 m in -10.5-11.00 seconds, and long-distance runners can run faster than -12 seconds. In addition, high-speed runners outperform other runners in finishing acceleration, even when their endurance is equal. Speed alone is not enough for success. The amplitude of movements during running is very large. Therefore, only if the leg muscles of the runner are very strong and the joints are well-mobilized, he can take a long step and run easily.

In the following years, a variable method called fartlek began to be used more often in running. A fartlek involves irregular accelerations that vary in speed and length. Fartlek is mainly held in open spaces, with a group and individually. Currently, serial runs are widely used. After 3-4x300 m, 200 meters are run slowly, after which a few minutes of rest: walking or jogging very slowly. They can be the same or different in terms of the length of the distance and the speed at which the distance is run. This type of running is usually done at a shorter distance than the training distance. A runner's competition and control run are equally good tools for improving performance. Middle distance runners usually compete in multiple distances, but each runner should prepare for one distance. Which distance to consider as the main one depends on the wishes of the athlete and his individual characteristics. When training middle-distance runners, it is necessary to take into account the unique physiological and biochemical characteristics of each runner at this distance. Middle-distance runners run shorter distances less frequently than sprinters. But their speed is much higher than the speed of stayers. You can't get a training load in the same order from training to training, as well as from week to week. In the weekly cycle, the amount of training should be sometimes more and sometimes less. The total weekly load increases for 2-3 weeks, and then decreases relatively.

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