



FUNCTIONAL PREPARATION OF MIDDLE-DISTANCE ATHLETES

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Annotation: This article examines the experiences of leading scientists in the development of functional training for middle-distance runners. The results of functional tests are given according to the functional state of middle-distance runners. Necessary recommendations are given for the structure of the functional training of runners. Middle-distance runners were tested for leg strength, speed, breathing and exhalation rate, body response to specific loads, heart rate, and step length, and the results were discussed.

Keywords: Preparation, exercise, efficiency, equipment, technology, result, method, component, period.

Relevance of the topic. Today, many sports have developed in our country, and without hesitation, we can include athletics among them. The organization of training for athletes in athletics, in particular the training of short-distance runners in sports schools, is increasingly in need of improvement [1]. Short-distance running types of Athletics are gaining popularity, and in the leading countries, improving the planning and management of annual and multi-year preparatory classes, organized by them, sorting them into short-distance running types, directing them to a narrow specialization, in order to train short-distance women, is gaining relevance.

Results and discussion. The effectiveness of mastering all types of loads used at different stages and periods of many years of training, the formation of physical, mental, and technical-tactical capabilities, and the growth of sports results directly depend on the level of functional training. In fact, it does not require proof that the volume, intensity and quality (coordination, technique and tactics) of these actions are determined by the functional reserve and bioenergetic capabilities of the body, regardless of whether the athlete performs any actions or actions (qualities, skills and qualifications). According to most experts, the work capacity, and even the sports result, of middle-distance runners is primarily determined by the functional capacity of the cardiovascular system and respiratory organs. When assessing the physical and functional fitness of middle-distance runners Number of heart contractions, Total lung capacity we know that it is customary to use indicators related to this as diagnostic criteria.

To determine the functional fitness of middle-distance runners, functional



tests can be conducted using modern equipment such as the Mi body composition Scale 2 and Polar H 10. The tests conducted consisted of the following: Bioimpedance analysis of athletes' body composition using bioimpedance technology showed that it is possible to conduct pedagogical experiments in intense zones to assess specific performance and determine functional level.

It makes it possible to analyze the body composition indicators of middle-distance runners through the method of bioimpedansometry. Nowadays, the method of bioimpedansometry has become increasingly popular, helping coaches and athletes a lot in determining body composition. According to the results obtained, it will be possible to determine part of the functional state of middle-distance runners by identifying the following different mass indicators: body weight (kg), muscle mass (kg) and fat mass (kg) and (%), the total volume of fluid (%).

The results of the pedagogical experiment conducted are one of the reasons why the components of the body in middle-distance athletes are lower than the norm, and these indicators effectively absorb the training loads of athletes engaged in athletics and the body slows down the recovery rate, rational distribution of training loads of middle-distance runners, hydrotation in the training process, that is, before training, between loads and after training, it is recommended to drink a certain amount of different liquids and natural drinks. This will set them the stage for further work.



Draw 1. Monitoring heart rate before training.



The specific level of performance of middle-distance runners can also be determined by a test performed in different intensity zones. It is advisable to conduct the test during the preparation periods, taking into account the specialization of all middle-distance runners before the tests. To achieve reliable results when conducting this submaximal test, it is essential that all athletes are in a rested state the day before the test. This must be strictly controlled by the coach. Before the tests, each runner must be familiarized with the test and the safety rules, as well as the results recorded during the test, to ensure that the athletes understand the test. Specialists monitored the runners during the tests and obtained functional indicators, and the implementation of the tests in compliance with all safety rules will certainly ensure effectiveness. To perform submaximal loads that require high energy expenditure and obtain quality indicators, all athletes were tested 2-4 hours after eating. All athletes were provided with the necessary amount of fluids (drinking water) after the tests. The stadium where the test is conducted must be equipped with modern technology and meet all sanitary and hygienic requirements. To determine aerobic performance, the Polar H10 uses a special monitor strap with heart rate and electrocardiogram technology to monitor the intensity of physical exertion, adapted to the height and weight of the athlete.





Draw 2. Monitoring anthropometric indicators in athletes.

The maximum number of athletes in this process is Number of heart contractions and the level of special work capacity and general endurance, the degree of impact of physical exertion on the body and its level of adaptation are determined. When the heart rate was measured using a modern gadget, namely the Polar H10 heart rate monitor, the duration and intensity of the training loads increased every minute. Athletes monitor the number of steps taken per minute during the run, try to maintain a running pace, and monitor their special work capacity and fatigue levels to ensure that their performance and the athlete's body are improved.

Conclusion

The results of the study on determining the functional fitness of middle-distance runners allowed us to draw the following conclusions. The efficiency of middle-distance running depends on functional fitness and the level of development of the cardiovascular system and respiratory organs, which provide muscle bioenergetics. An analysis of the literature on the functional training of middle-distance runners indicates that there has been insufficient research on improving the training of athletes in functional training. Therefore, each coach indicates that in the training of athletes, it is advisable to monitor continuous training processes using several methods to determine the general functional state of runners, as well as organize training processes, bringing the physiological processes taking place in the body of athletes (load meiori, number of heart contractions, gench and shtange Test control) into constant control.

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