

O'QUVCHILARNI SOG'LOM TURMUSH TARZIGA JALB QILISHDA QISQA MASOFAGA YUGURISHNING AHAMIYATI

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Annotatsiya. Yugurish nafaqat jismoniy tarbiya va sog'lom turmush tarzining asosiy vositalaridan biri, balki jismoniy tarbiya va ko'p maqsadli sport mashg'ulotlarining eng qulay shaklidir. Qisqa masofalarga yugurish o'pkaning hayotiy imkoniyatlarini asta-sekin oshiradi, ko'proq havo oladi va qonni kislorod bilan boyitadi. Yurak urishi tezlashadi va organizmda faol qon aylanishi sodir bo'ladi, shu bilan salomatlikni mustahkamlaydi, ishonchli psixologik barqarorlikni ta'minlaydi va sport mahoratini oshirish uchun tezlikni rivojlantiradi.

Kalit so'zlar: yugurish, jismoniy sifatlar, tezlik, tezlik, sport.

ЗНАЧЕНИЕ БЕГА НА КОРОТКИЕ ДИСТАНЦИИ В ПРИВЛЕЧЕНИИ СТУДЕНТОВ К ЗДОРОВОМУ ОБРАЗУ ЖИЗНИ

Аннотация. Бег не только является одним из главных средств физической подготовки, здорового образа жизни, но и самым доступным видом физкультурных и спортивных занятий многоцелевого назначения. Бег на короткие дистанции постепенно способствует увеличению жизненной ёмкости лёгких, набирая больше воздуха и обогащая кислородом кровь. Повышается сердцебиение и происходит активное кровообращение в организме, этим самым укрепляет здоровье, обеспечивает надёжную психологическую устойчивость и развивает быстроту для совершенствования спортивного мастерства.

Ключевые слова: бег, физические качества, быстрота, скорость, спорт.

THE IMPORTANCE OF SHORT DISTANCE RUNNING IN ATTRACTING STUDENTS TO A HEALTHY LIFESTYLE

Annotation. Running is not only one of the main means of physical training and a healthy lifestyle, but also the most accessible form of physical education and multi-purpose sports activities. Running short distances gradually increases the vital capacity of the lungs, taking in more air and enriching the blood with oxygen. The heart rate increases and active blood circulation occurs in the body, thereby strengthening health, ensuring reliable psychological stability and developing speed to improve sportsmanship.

Keywords: running, physical qualities, speed, speed, sport.

Features of physical fitness of athletes in short distance running.

Short or sprint distance running includes running 60, 100, 200, and 400 m. The Olympic program includes 100, 200, and 400 m distances and 4 X 100 and 4 X 400 m relay races. Schoolchildren compete at distances from 30 to 400 m, depending on their age.

Sprinting is characterized by high speed (up to 11.0-11.5 m/s), great power, and movement speed.

Running fast has been known since ancient times. At the Olympic Games in ancient Greece, athletes competed in the 1st and 2nd stadia races, which correspond to our 100m and 200m races.

Currently, sprint running has become an indispensable program for any athletics competition, including the Olympic Games. For a long time, American athletes were the strongest in short-distance running.

Achieving high results in short-distance running is impossible without sufficiently versatile and special physical training, especially without sufficiently high development of speed, power, and speed-power qualities, as well as coordination abilities.

According to the recently adopted section, there are three stages in the long-term training of young short-distance runners: the pre-training stage (10-12-year-old children); the stage of elementary sports specialization (13-15-year-old teenagers); the stage of intensive sports training (16-17-year-old boys and girls).

During the initial training of young sprinters, the following tasks are solved: strengthening health and all-around physical development; teaching the basics of the technique of performing large-scale general developmental exercises; and developing a stable interest in regular sports, in particular athletics.

The main means of education: general developmental exercises; acrobatic elements (flips, standing, turns, etc.); exercises on gymnastic equipment (lifting, pulling, hanging, stopping, leaning, swinging, etc.); various jumping exercises and jumps; various shooting and throwing exercises; a wide range of speed-strength exercises; running in a straight line (uphill, downhill) at different speeds for segments of 20-60 m; various action games.

The main methods of performing exercises: are game, repetition, uniform, circle, and control.

At the initial training stage, it is necessary to take into account the general methodological rules specific to the training of young sprinters.

Exercises that mainly develop movement speed require a lot of nervous tension.

Therefore, a set of speed exercises should be introduced at the beginning of training, immediately after warming up (that is when the level of excitation of the central nervous system is optimal). After a set of speed-developing exercises, it is advisable to include movement games that strengthen this quality in training.

Often, when athletes of equal strength compete, success is accompanied by whoever has better mental and willpower preparation. Regardless of the weather and other conditions, regular and strict execution of training plans develops the athlete's will to the perfect degree. Regular participation in competitions teaches athletes to suppress excessive anxiety and cope with feelings of uncertainty when competing against strong opponents.

Planning lessons. In recent years, since athletics competitions are held almost all year round, the step-by-step planning of the training process has also changed significantly.

The training period (November - April) is usually divided into three interconnected stages: autumn-winter training (November - January), winter competition (February - March), and spring training (March - April).

In the training of short-distance runners who have achieved results at the level of III-II categories, in the preparation stage for the autumn-winter season, first of all, it is necessary to improve running technique, increase general physical fitness, increase and improve general

endurance. As a rule, sprinters of the third category train 3-4 times a week, 1.5-2 hours each, alternately in the hall (arena) and outdoors.

The goal of the winter competition stage is to further increase the level of physical fitness achieved through regular participation in training and control evaluations.

In the spring preparation stage, the level of general and speed-strength training increases, and special endurance improves. At this time, the amount of general physical training gradually decreases, and the amount of special training means increases. The speed of running the segments from a low start gradually increases, which allows you to improve the speed and technique of the start and start acceleration.

By the established periodicity of the annual cycle, there are two six-month cycles in the training of sprinters: the first and the second. In this regard, the planning of training loads is carried out according to mesocycles and periods of training.

Taking into account the above, the following is necessary to effectively organize the training of short-distance runners in the annual cycle:

- to determine the actual values of the annual training volume
- loading performed by highly qualified sprinters and qualified sprinters;
- to study the distribution of volumes of educational loads in different main directions in medium and small training cycles.

The analysis of training loads made it possible to obtain average values of the volume of the main training equipment per year for track and field athletes. The given information refers to the stage of deep specialization (ages 16-18) and improvement of sports (ages 19 and older).

To analyze the main trends in the distribution of loads, the partial volumes of the main training facilities were calculated as a percentage of the total annual volume in monthly cycles, 100%.

As the athletes' skill increases, the volume of the training load increases significantly ($P = 0.05$) for all the considered training tools. It should be noted that skilled athletes perform 25-27% less running load than highly skilled sprinters.

The characteristics of the distribution of training loads in monthly cycles for short-distance runners look like this:

1. Differences between skilled sprinters and highly skilled sprinters in the distribution of alactic-anaerobic running load (running up to 80 m at a speed of 100-96%) are insignificant. The maximum volume of this load occurred in January (15.7 and 16.4% of annual volume per month) and May (19.4 and 20.1%, respectively) among skilled and highly skilled runners. No high-intensity running is planned during the transition period (October).

2. Anaerobic-glycolytic running load (running at a speed of 100-91% over 100-300 m segments) is mainly carried out in the second six-month cycle. The maximum load is planned for April (20 and 18.1%) and May (24.1-24.8% of the annual volume).

3. Sprinters perform a large amount of anaerobic-aerobic running load (running at 90-81% speed for 100-300 m) during the general preparation stages in November - January and April.

4. Aerobic running (running at less than 80% speed over 300 m) is performed in large quantities in November (21.5 and 21.2%, respectively) and April (about 14%).

5. Jumping exercises (speed-power direction) are used in significant volumes in the stages of general training and special training.

In the first six-month cycle, the main volume of jumping exercises performed by qualified and highly qualified sprinters falls in November-January; in the second cycle, large-scale jumping exercises are performed in March and April.

6. Weight-bearing exercises are used in the first six-month cycle in large quantities in November (about 19%) and December (22.7 and 22.6%) by skilled sprinters and highly skilled runners, respectively. Thus, in each major training cycle, the following will always prevail:

- aerobic loads and general physical education means; mixed loads and special strength (speed-strength) training tools;

- anaerobic lactic and glycolytic loads. In particular, the analysis of the literature on the problem of adaptation to physical activity (Mishchenko B.C., 1990, Matveev L.P., 1991) shows that such a distribution of the training load creates favorable conditions for the implementation of training tasks at each subsequent stage. Create a database.

The analysis of training and training plans and diaries of sprinters made it possible to identify general trends in the organization of loads and to consider the scheme of distribution of training tools for small (weekly) training cycles. Loading volumes are recorded depending on the size and degree of impact on the athlete: small, medium, and large volumes.

At the same time, athletes who plan to perform only short sprint distances in the winter season perform a very small amount of anaerobic-glycolytic load.

The period of winter competitions. The main tasks of this period are to maintain and further increase the level of special training and use it more fully in competitions. Physical training takes the form of direct functional preparation for extreme competitive stress. The analysis of best practices for building a training process for highly qualified sprinters showed that the period of winter competitions, as a rule, consists of 4-6 microcycles. The organization of special physical training during the competition is carried out by the calendar of the main competitions.

Spring-summer general training stage. From this mesocycle, runners begin the second major cycle of training for summer races. The duration of the spring-summer general training phase is about six weeks. Much attention is paid to increasing the level of speed-strength fitness and the functional capabilities of the body. Jumping exercises with weights and the volume of exercises increases regularly or spasmodically. Impact microcycles with large speed-power tools are usually located in the middle or at the end of the stage. After the microcycle shock, the size of the speed-power load, as a rule, decreases to a small load value.

Complex of physical training of athletes in short distance running.

The presented data confirm the existence of concentration of certain loads in different mesocycles of year-round training in the training of highly skilled short-distance runners. This situation makes it possible to divide training loads into groups and programs according to the nature of their effect on the body, bioenergy during exercise, and the pedagogical effect of exercise. Basic training programs for highly skilled sprinters:

Program 1 - aerobic exercises. Cross-country running up to 30 minutes. Running 400 m at a speed below 80% (heart rate - 120-130 beats/min).

Used:

- in the stage of general preparation - 1-2 times a week;
- during the special training phase - once a week;
- during the competition - 1 time per week (up to 15 minutes or as a means of recovery after the competition).

Program 2 - aerobic-anaerobic exercises. Running 100-300 m at 90-81% speed.

Used:

- in the stage of general preparation - up to 3-4 times a week;
- in the stage of special preparation - 2-3 times a week;
- during the competition - 1-2 times a week.

Program 3 - anaerobic-glycolytic exercises. Running 100-300 m at a speed of 100-91%.

Used:

- in the stage of general preparation - 1-2 times a week;
- in the stage of special training - up to 2 times a week;
- during the selection period - 1 time per week.

Program 4 - alactic-anaerobic exercises. Run up to 80m at 100-96% speed.

Used:

- in the stage of general preparation - 1-2 times a week;
- in the stage of special preparation - 2-3 times a week;
- during the competition - 2-3 times a week (including participation in competitions).

Program 5: SSP - speed-strength training (jumping exercises and exercises with weights).

It should be noted here that in the studied literature (Khomenkov J.C., 1987; Ozolin N., Voronkin V.I., Primakov Yu.N., 1989, etc.) the separation of speed-strength exercises is not considered. independent program. However, to visually show the entire training load of sprinters, we decided to analyze these training sessions of track and field athletes and separate them into a separate program.

Used:

- in the stage of general preparation - 2 times a week;
- in the stage of special preparation - 2-3 times a week;
- during the competition - 1-2 times a week.

To effectively build a training microcycle, it is necessary to take into account the impact of loads of different sizes and directions on the athlete, as well as the dynamics and duration of recovery processes after them. Information about the cumulative effect of various loads to enhance the recovery processes after great physical stress is less important. When planning two or three classes with different loads per day, it is necessary to know the fluctuations of special indicators during the day and the mechanisms that cause them.

Alternating loads and rest in a microcycle can lead to three types of reactions:

- the first, is clear educational effect with the maximum growth of training;
- secondly, insignificant educational effect or its complete absence;
- Third, overwork of the athlete.

The first type of reaction is typical for all cases in which the microcycle contains an optimal number of activities with large and significant loads, which are rationally exchanged with each other and with less loaded activities. If the microcycle includes a small number of exercises with a load that can serve as a stimulus for increasing physical activity, the second type of reaction occurs. Finally, the abuse of heavy loads or the illogicality of replacing them can cause the athlete to overwork, that is, it can cause the third type of reaction.

Based on the obtained data, the training of a sprinter can be considered as the implementation of certain training programs. In addition, each program in the weekly microcycle can be performed in large, medium, and small volumes.

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