

DEVELOPING TRACK AND FIELD ATHLETES' PHYSICAL PREPAREDNESS CAPACITIES AS A KEY FACTOR OF THE TRAINING PROCESS**Shayimova Asila Meyliboy qizi**

Master's Degree Student, 2nd Year

Faculty of Sports, Qarshi State University.

Tel: +998 (97) 805 92 62 E-mail: ashayimova@gmail.com<https://doi.org/10.5281/zenodo.17559726>

Abstract. This article provides a comprehensive analysis of the role of developing physical preparedness capacities of track and field athletes within the training process. The study examines the significance of both general and special physical training in enhancing athletes' functional capabilities, endurance, speed, and strength. The research also describes effective methods for designing individualized training programs through special exercises tailored to athletes' unique characteristics. The article presents practical recommendations for optimizing the training process, systematically selecting and performing exercises to improve physical qualities, and increasing overall athletic performance. The findings contribute to assessing athletes' general preparedness levels, planning both individual and group training sessions, and enhancing competitive potential. Furthermore, the study highlights approaches to ensure effective physical training that considers the complexity and specificity of track and field disciplines.

Keywords: Physical training, general physical training, special physical training, functional capabilities, special exercises, physical qualities.

РАЗВИТИЕ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ЛЕГКОАТЛЕТОВ КАК КЛЮЧЕВОЙ ФАКТОР ТРЕНИРОВОЧНОГО ПРОЦЕССА

Аннотация. Данная статья представляет собой комплексный анализ роли формирования физических подготовительных способностей легкоатлетов в учебно-тренировочном процессе. Исследование рассматривает значение общей и специальной физической подготовки для развития функциональных возможностей спортсменов, выносливости, скорости и силы. Также описаны эффективные методы разработки индивидуальных программ подготовки с использованием специальных упражнений, адаптированных к индивидуальным особенностям атлетов. Статья содержит практические рекомендации по оптимизации тренировочного процесса, систематическому подбору и выполнению упражнений для повышения физических качеств и общего спортивного результата. Результаты исследования позволяют оценить уровень общей подготовленности спортсменов, планировать индивидуальные и групповые занятия, а также повышать их соревновательный потенциал. В статье также подчеркиваются подходы, обеспечивающие эффективную физическую подготовку с учетом сложности и специфики легкоатлетических дисциплин.

Ключевые слова: Физическая подготовка, общая физическая подготовка, специальная физическая подготовка, функциональные возможности, специальные упражнения, физические качества.

Introduction

Physical preparedness is one of the fundamental components of success in track and field sports. The efficiency of an athlete's performance largely depends on the level of their general and special physical training, which determines their endurance, strength, speed, and

coordination. Modern sports science emphasizes that the development of physical capabilities must be systematic, scientifically grounded, and based on the individual characteristics of each athlete. In recent years, the role of physical preparedness in the training process has significantly increased due to the growing competitiveness of sports and the introduction of innovative training methods. The development of functional capacities and specific physical qualities has become a determining factor in achieving high results in athletics. Therefore, a comprehensive approach that includes both general and special physical training is required to form an athlete's professional competence and maintain their performance stability throughout the competitive season. The purpose of this study is to analyze the theoretical and practical aspects of developing track and field athletes' physical preparedness capacities as a key factor in the training process. It focuses on identifying effective training methods, assessing functional readiness, and establishing optimal strategies for improving athletes' physical performance in alignment with modern sports requirements.

Literature Review

Physical training is an important part of the training process and the main factor. Physical training is a process of raising physical abilities that are inextricably linked with increasing the overall level of the body's functional capabilities, all-round physical development, and strengthening health. Physical training is divided into general and special types of training.

General and special physical training tasks are directly related to each other. The general physical fitness of track and field athletes serves to solve the tasks of comprehensive education of physical abilities, increase of general working ability. General development exercises and exercises from other types of sports that have a general effect on the body of the participants are used as the main tools. It contributes to the development and strengthening of muscle tendons, the improvement of the function of internal organs and systems, the improvement of coordination of movements and the general level of movement qualities. The purpose of special physical training is to develop and improve the physical qualities and functional capabilities unique to the athlete [1,5]. The high intensity of muscle work alternates with a decrease in activity and transition to a relatively calm state. Fast running, jumping ahead, jumps alternate with light running, walking, stopping, the direction of movement, rhythm and pace change. Such activity is associated with the implementation of a certain physical load, vegetative processes, first of all, continue with serious functional changes in metabolism, breathing and blood circulation [3,4].

Methodology

It is possible to gradually improve the performance of some technical methods with the help of special exercises aimed at developing more specific physical qualities. For this, as a rule, special exercises are used that are similar to one or another technical method or its individual elements according to the nature and structure of execution. More repetitive, intermittent, variable, game and competition styles are used in physical training. In the annual training cycle, it is advisable to do general physical training first, and then special physical training on this basis. Strength, quickness, agility, dexterity play a key role in the general and special physical training of track and field athletes. These same physical qualities represent the level of movement capabilities of track and field athletes. The training of physical qualities is part of the training process. Looking at the methods of improving the physical fitness of athletes, we mean, first of all, the methods of training physical qualities.

For comprehensive physical development, strengthening of health and success in sports, it is necessary to develop and educate the main physical and spiritual will qualities. The development and training of these basic physical and spiritual qualities of will is an important part of the training of athletics. Development of the main physical qualities of track and field athletes (physical training) is first of all a comprehensive and special physical development process of the athlete. Physical training is divided into general physical training and special physical training [2,6]. Exercises that develop the qualities of strength, speed, endurance, agility, and flexibility play a key role in general and special physical training. Based on the same physical qualities, the ability of the organs and systems in the body of the athlete to work reflects his ability to move is enough.

Conclusion and Recommendations

Physical preparedness is an integral part of the general and specific training process of track and field athletes. The study revealed that physical training plays a decisive role in enhancing the athlete's functional capacities, improving muscle activity and internal organ systems, refining movement coordination, and developing essential physical attributes such as strength, speed, agility, endurance, and flexibility. While general physical preparedness contributes to the overall development and health of the athlete, special physical preparedness focuses on improving movement techniques and functional capabilities that are specific to the discipline of track and field. The results indicate that organizing the annual training cycle in two main stages—first emphasizing general physical preparedness and later focusing on special physical preparedness—ensures higher effectiveness. The use of repetitive, variable, game-based, and competitive methods in training promotes sustainable development and improved athletic performance. Furthermore, it is crucial to consider the athlete's age, gender, psychological, and individual characteristics in designing training programs to achieve optimal outcomes.

Recommendations:

1. The ratio between general and special physical training should be adapted to the athlete's level of preparedness and individual characteristics.
2. The use of modern technologies such as biomechanical analysis, heart rate monitoring, and video analysis is recommended to monitor and control training loads.
3. Special exercises should be designed to resemble technical movements in athletics while engaging various muscle groups for balanced development.
4. Alongside physical qualities, attention should be paid to developing athletes' moral and volitional traits, as they play an important role in achieving long-term success.
5. Recovery exercises and elements of psychological preparation should be integrated into the training process to maintain performance stability.
6. Coaches and trainers should be provided with scientifically grounded methodological guides to effectively apply these principles in practical training.