

Application of Multi-Year Training Works in Training Athletics in Training Cycles

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Annotation: This article provides information on the effectiveness of long-term training in athletics based on the application of training loads in training cycles.

Keywords: middle distance, running, healthy, young generation, sports, athletics

Modern sports, a high level of scientific and methodological knowledge, the growing number of record results - place high demands on the work of the coach, who is a central figure in the process of training and education. During the years of independence, a lot of work has been done in this direction. The necessary conditions have been created for the population, especially the younger generation, to engage in regular physical culture and mass sports. The head of our state Shavkat Miromonovich Mirziyoyev has been emphasizing at prestigious gatherings that sports have become an integral part of the education system of our country. Consistent development of sports in proportion to education has been identified as one of the priorities of the state policy for the independent development of our country. Today, sport is a factor in educating a person and a source of revealing his abilities. Modern sports complexes have been built in cities and villages. The Umid Nihollari, Barkamol Avlod and Universiade competitions have become a means of introducing young people to mass sports and a healthy lifestyle. A continuous system has been created for the selection of talented children and the training of professional athletes. Boys and girls, whose abilities are highlighted in secondary schools and children's sports complexes, are enrolled in children's and youth sports schools and sports colleges and are brought up on the basis of professional approaches. In higher education and training sessions improving their skills.

The decree of President Shavkat Mirziyoyev dated February 15 this year "On measures to further improve the management system in the field of culture and sports" has launched a new era in the development of sports in our country. Achieving high results in international sports arenas requires not only the use of advanced technologies in the training process, but also the need to bring the methodological equipment to the required level. p requires annual preparation. A multi-year preparation plan is made by modeling the annual cycle, usually by repeating it four times. Annual planning for the coming year. begins by compiling a description. Achieving a new level of athleticism requires new approaches to the organization of the training process. This is the athlete's physical. features, training dynamics, sports uniform, training. includes a download. In many sports, the targeted distribution of loads within the microcycles of the pre-race training stages is a topical issue in sports planning. Improper distribution of loads and improper control of the impact of loads on the body of a young athlete can damage the health of the athlete. We also lose an athlete who could become a world or Olympic champion in the future. Athlete's physical fitness means

developing the physical qualities and abilities necessary for sports activities. Athlete's physical

Since training is directly related to the direction of practical sports, at the same time it is entirely dependent on the overall physical development, strengthening and exercise of the body. Like all other aspects of training, physical training is general and specific. Athlete's special physical training is the process of developing physical abilities that can respond to the chosen sport. Athlete training is mainly: physical training; sports technical training; tactical training; moral training; theoretical training; functional training. It is well-known that each type of sport places special demands on an athlete's physical abilities, and a variety of physical attributes are required to be uniquely combined and displayed. For example, a sprinter is required to have a special ratio of speed and strength, as well as speed and endurance, based on the anaerobic use of energy resources for muscle contraction. Stayer, on the other hand, needs endurance based primarily on a high level of respiratory metabolism (oxygen metabolism). Athlete's general physical fitness refers to the development of all-round physical abilities that are not specific to the chosen sport but have a direct and indirect positive impact on success in the sport.

In short, reaching the pinnacle of sportsmanship requires continuous, years of training. The body gradually adapts to the increased demands of a well-structured, regular training session. Today, the growing number of sports results in the world arenas requires attention to the method of improving the annual training from year to year. During the distribution of training loads, great attention should be paid to the multi-year preparation period. This requires the selection and application of specific athletics exercises to the training process.

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