

METHODOLOGY OF ORGANIZATION OF MIDDLE RUNNING TRAINING IN ATHLETICS

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Аннотация. Ушбу мақолада енгил атлетикани ўрта ва узоқ масофага югуриш турида амалий тайёргарлик турлари ва жараёнлари ўрганилган. Ўрта масофага югурувчи спортчиларнинг амалий тайёргарлик жараёнлари ҳамда амалий тайёргарликни ташкил этиш шакллари таҳлил этилган. Шунингдек ўрта масофага югурувчи спортчиларни амалий тайёргарликларининг асосий мақсад ва вазифалари бўлган техник ва тактик маҳоратларни такомиллаштириш, жисмоний фазилатларни ривожлантириш услуб ва тамойиллари тўғрисида мулоҳазалар юритилган.

Калит сўзлар: Енгил атлетика, югуриш, ўрта масофалар, спот, машғулот, масофа, спортчи, техник, югурувчи.

Аннотация. В статье исследуются виды и процессы практических занятий в беге на средние дистанции по виду легкой атлетики. Анализируются процессы практической подготовки бегунов на средние дистанции и формы организации практических занятий. Также были обсуждены методы и принципы совершенствования технико-тактических навыков, развития физических качеств, которые являются основными целями и задачами практической подготовки бегунов на средние дистанции.

Ключевые слова: легкая атлетика, бег, средние дистанции, пятно, тренировка, дистанция, спортсмен, техник, бегун.

Annotation. The article examines the types and processes of practical training in middle distance running by the type of athletics. The processes of practical training of middle distance runners and the forms of organizing practical classes are, analyzed. Discussions were, also held on the methods and principles of improving technical and tactical skills, the development of physical qualities, which are the main goals and objectives of practical training of middle-distance runners.

Keywords: Athletics, running, medium distances, spot, training, distance, athlete, technician, runner.

The formation of a healthy lifestyle in society, the promotion of public health, the education of a physically healthy and spiritually rich younger generation, ensuring regular serious participation of citizens in physical education and sports are one of the most actual issues of our time. Millions of people improve their health by walking and running.

Athletics is called the "Queen of sports." does this kind of sport deserve to be called with this name? You might think. Athletics opened the door for all modern sports, it is impossible to imagine football or basketball without running or

jumping, and even the chess master exercises running in preparation for the tournament.

Pierre de Coubertin, founder of the modern Olympic movement, said: "The main thing is not to win, but to compete!" There's a phrase:

If you want to be healthy, run,
If you want to be beautiful, run,
If you want to be strong, run.

We see that this word makes a lot of sense. The great scientist Abu Ali ibn Sina used gymnastics, swimming, wrestling, as well as fast walking, running, jumping, throwing spears and lifting stones in the treatment of patients. Our great ancestor Amir Temur regularly used athletics, cross-country running, cross-country shooting, javelin throwing, throwing stones and obstacle training to train their soldiers to be physically strong, agile and hardy. [1]

Average high-start running is only 800 metres, sometimes starting with a fifth start. In the starting position, the runner puts a stronger leg closer to the starting line, and the tip of the other leg 30-50 cm back. After the "attention" command, he slightly bends both legs, tilting the body forward and shifting the centre of gravity to the front leg so that the ledge of the total weight does not protrude beyond the tip. Opposite the front leg, bend your hand in the opposite direction and push it forward. [2]

Some middle-distance runners lean on the ground with this hand 12 (behind the starting line), the shorter the distance, the closer the runner's start is to the start. The athlete starts running on the signal (the sound of the bullet, the "march" command); In the first steps, his body is more bent, and then slowly recovers. The width of the steps increases, the speed of running increases, the athlete increases the speed and wins free running in a short time. Running at a distance. When running long distances, the body is straight or slightly bent (5-7 °). [4]

By slightly tilting the body forward, you will be able to take full advantage of the pressure force and move forward faster. Excessive forward tilt causes the running down, which makes it difficult to move the bent leg forward, and as the steps decrease, the speed decreases. In addition, when overworked, muscles are always strained that prevent the body from flexing too much.

When the torso is not bent, the pressure conditions deteriorate a little, but the knee joint is bent. It improves. If posture is correct, favourable conditions are created for muscles and internal organs to work. In the depression phase, pelvic promotion is an important feature of long-distance running, which allows for fuller use of the basic power of reaction. Tilt of the runners' body is about 2-3 °:

The depressive moment increases and decreases in the flight phase. The state of the head has a positive effect on the state of the body. So we need to keep your head straight and look forward. In medium-range running technique, it is very important to move your feet. The stack is slightly bent and burns softly and elastically to the ground. First the front of the foot sole, then it's all touched the ground. Such a burn on the sole of the foot is the body of a runner with the place of

burn of the foot to the ground. Fr. m. reduces the distance between the projections and reduces the influence of the brake forces of the base reaction.

The active movement of an empty leg forward and back relative to the torso also helps the neck.

Burning the front of the foot to the ground allows better use of the stiffness of the calf muscles, which are actively involved in depression. Traces of runners' feet on the road will be even, socks will almost never burn to the sides. From falling to the ground to the vertical position, the foot continues to bend (bend for softening).

In this case, the quadriceps muscle (calf muscle) is stretched, which facilitates contraction during pressing. Bending the top of the sole also improves its softening. If all the joints are completely straightened, depression will be good. [5] When running at medium distances, the angle of inclination is about 50-55 °. When the deisinsp is straight, the pelvis protrudes slightly, and the bent limb parallels the number of legs lowered. The rapid movement of the swinging foot makes pressing easier.

The best middle-distance runners have increased the number of fly feet to horizontal levels. On the other hand, middle-distance runners don't expect much of the number of waving legs. The leg muscles (four-headed, hips and other hip muscles) that have treated the depressant relax during the flight, and the leg bends in the knee joint and moves forward quickly. [6] Tinting occurs when these muscles rest for a short time after good work in the base phase. In an upright position or when the fly legs are slightly shifted forward, the fly legs are most bent.

If the leg is bent, it can be extended faster, but this flexion should not be forced, the antagonist muscles should be as relaxed as possible, the hip should move forward at high speed, and the ability to relax muscles during a squat will affect the angle of flexion in the knee joint. In different runners, this angle is about 25-50 °. In an upright position, the squat leg is much lower than the knee of the base leg (this is the result of relaxing the leg and torso muscles, which is essential when running at medium and especially long distances, while the pelvis moves around the sagittal axis of the pelvic joint.[7]

The most important thing in flight is to maintain balance and relaxation of the body. In the middle distance, the athlete takes 170-220 steps per minute. The length of the middle-distance runners' pitch is not the same even for the athlete. This is due to overwork, the inability to run a thiocyte for some distance, the quality of the track, the wind and the mood of the athlete. __ Usually the pitch with a strong leg is longer than with a weak one. The length of the tent is 160-215cm. The ability to increase the running speed by increasing the pitch will be limited because it will require a lot of strength.[8]

In addition, the length of the pitch largely depends on the personal qualities of the athlete. Therefore, the speed increases by increasing the frequency of steps. It depends on the level of training of the runner. The movement of the arms with the shoulder girdle depends on the movement of the legs. These movements should be performed easily and comfortably. It depends on knowing how to relax the muscles

of the shoulder girdle. Hand movement helps to maintain balance while running. The amplitude of the arm's movement depends on the speed of running. As the paws progress, the torso does not cross the middle line and rises to about the level of the sternum. When the hand goes back, the claw reaches the back of the body (if you look at the runner from the side). The hands move like a pendulum, fingers are relaxed, the wrists are not aroused, the shoulders do not rise.[9]

When the hand moves forward, the shoulder of the front hand shifts slightly forward (moving around the vertical axis) because of the pelvis moving forward with the other leg. The hand bends the most when it moves forward and the least backward, and the least when it's upright. How long does it take to get to the finish line depends on the athlete's distance and strength. Hand on the way to the finish line movement accelerates, the torso bends more, the angle of descent decreases. The athlete starts running faster, mainly by increasing the frequency of steps.

Some runners get tired by the end of the distance and run with their bodies tilted. This position of the body does not contribute to smoother running, because the force created when pressed is directed more upwards.[10]

Features of the running technique in a corner: the torso is tilted to the left, the sidewalk is slightly tilted, the right hand moves wider with the left hand, the elbow of the right hand protrudes more to the side, the sole of the right foot tilts slightly to the ground. Running at high speeds increases the body's oxygen demand; oxygen consumption is up to 4-5 litres per minute, and air exchange in the lungs is up to 100-120 litres per minute or more. That's why it's so important to breathe properly while running. The increased need for oxygen is mainly due to an increase in respiratory rate. There is a certain relationship between breathing rate and running depth and speed. The rhythm of breathing depends on the speed of running with individual characteristics (as the speed of running increases, so does the frequency of breathing). In case of not very fast running, if you exhale once every 6 steps, as the speed increases, one exhalation corresponds to 4 steps (2 steps - inhalation, 2 steps - exhalation), and sometimes 2 steps.

When running, it is difficult to maintain a constant ratio of breathing to the number of steps from start to end of the distance. Consequently, the initial breathing will accelerate in the future. The runner shouldn't stop breathing. Inhale should be both through the nose and through the mouth. The most important thing is to pay attention to the total exhalation.

The main factor in the basic physical fitness of athletes running at medium distances is physical development and high body rise. The cycle of training middle-distance runners is influenced by the system of distribution of sports competitions throughout the year, as well as the change of seasons. Training period - during this period it is necessary to create conditions for an athlete to penetrate the philosophy of sports. The main tasks of the first stage of technical and tactical training of middle-distance runners are: the factor that forms the organisational and theoretical basis of sports activities is the acquisition and consolidation of knowledge. In elementary sports, the main factor is the development of motor

skills and skills that create favourable conditions for maturity. Of particular importance at the first stage is the spiritual and volitional training of middle-distance runners, the education of a specific diligence among the athlete, and an increase in the overall level of willpower that ensures success in sports. Competitive period - the structure of this period can be simple and complex. It consists of small cycles of race and choice of load.

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