

THE EFFECTIVENESS OF THE DEVELOPMENT OF MIDDLE-DISTANCE RUNNERS IN SECONDARY SCHOOLS BASED ON NEW TECHNOLOGIES

Umarova Mohiro`y Rasuljon qizi

a PE teacher of Andijan Institute of Agriculture and Agrotechnologies

Annotation: *The purpose of the article is to investigate the effect of interval training on the performance of middle distance runners. Different training methods and technologies are given for the effectiveness of the development of middle-distance runners in secondary schools.*

Keywords: *middle-distance runners, endurance, development, methods, sports*

Physical culture is the most important factor in the formation of an active life position, a way of physical improvement of a person to fulfill social responsibilities. Athletics occupies one of the leading places in the system of physical education of young runners. Running is one of the most popular and accessible sports for all ages of the population, contributing to the improvement of health and improvement of motor qualities and skills necessary for human labor activity. The world's modern achievements in athletics today are so great that without systematic training of young athletes, it is impossible to count not only on high results, but also on high performance in adulthood of an athlete¹. The education of runners is one of the main tasks of training the sports reserve, raising the prestige of athletics in the country. It is known that health promotion is impossible without a high level of endurance development. The problem of improving endurance is one of the most important in physical education. The education of endurance should contribute to the massive strengthening of the health of the younger generation. And the further growth of sports and technical results, not only in athletics in general, but also in middle-distance running in particular, largely depends on how rationally the issues of training

¹ Ablov, E.M., Semenov L.A. Monitoring of physical development of schoolchildren in Yekaterinburg, 2000. - 64 p.

at a young age, the process of initial formation of technical skills, the level of development of special physical qualities. The issues of sports training of middle-distance runners were dealt with by specialists of different profiles: teachers, coaches, doctors, physiologists and psychologists². Thus, studies by scientists E.P. Ilyin, A.V. Rodionov, E.N. Gogunov, V.P. Lukyanenko and others have shown that in adolescence the foundation is laid for successful performance and achieving high sports results in adulthood.³ The development of such motor qualities as endurance is an important condition for maintaining a high motor lifestyle. Training young runners is a complex task that requires a systematic approach taking into account many different factors. It is a set of methodological foundations, organizational forms and conditions of the training process, optimally interacting with each other on the basis of certain principles and ensuring the best degree of readiness of an athlete for high sporting achievements. The variety of methods of endurance development makes it possible to create various training techniques and improve the training process. In the process of developing endurance in young runners, it is extremely important to create optimal conditions for the functioning of oxygen supply systems of the body. For this purpose, in unity with the basic endurance exercises, special breathing exercises are used, they strive to conduct classes in an oxygen-rich atmosphere (in an open area, stadium, park, arena with powerful ventilation, etc.). The methods of aerobic endurance education include the following:

- method of combined (continuous) exercise of moderate and variable intensity;
- the method of repeated interval exercise;
- game method;
- competitive method.

In athletics classes, for the development of general endurance in high school, they use; uniform running for 5-10 minutes, cross-country running for 15-30 minutes, sports games with a longer duration can also be used. The total length of distances

² Guzhalovsky, A. A. Fundamentals of theory and methods of physical culture - M.: Physical culture and sport, 1988. – 186p.

³ Ilyin, E.P. Psychology of sports- St. Petersburg: Peter, 2010. - 35 p. Lukyanenko, V.P. Terminological support for the development of physical culture in modern society: monograph. - M.: Sov. sport, 2008– - 168 p.

with uniform running should be on average 3000-5000 m for boys and 2000-3000 m for girls⁴. For the development of special endurance, running on 200-400 m segments is used, performed by repeated and variable methods, as well as single distance runs of 500-1000 m for boys and 300-800 m for girls, performed with maximum intensity. The main methods of developing special endurance are: uniform, variable, interval, circular training, game, competitive. Uniform method: It is characterized by a continuous continue mode of operation with uniform speed or effort. The duration of work, depending on the level of preparedness of those involved, ranges from 10-15 minutes to 60-90 minutes. Work for less than 4-5 minutes is ineffective, since respiratory processes do not have time to unfold and bring the oxygen transport system (heart, blood vessels, respiration) to the maximum level of oxygen consumption⁵. Variable method: It differs from a uniform one by consistently varying the load during a continuous exercise (for example, running) by directional changes in speed, pace, amplitude of movements, magnitude of effort, etc. The heart rate increases to 170-175 beats/min by the end of the intensive work section, and decreases to 140-145 beats/min by the end of the low-intensity section. By the interval method: It is characterized by performing work in the form of high-intensity, but short-term repetitions, separated by small (strictly dosed) rest intervals between loads. The duration of work to increase aerobic performance is 1-2 minutes. Less time does not allow to activate the work of the cardiovascular and respiratory systems, and more causes a decrease in the intensity of work. The intensity of work should contribute to an increase in heart rate to 160-170 beats/min. As a rule, the rest intervals between exercises are 1-3 minutes.

The method of circular training: It provides for the consistent performance of specially selected exercises that affect various muscle groups and functional systems by the type of continuous or interval work. In certain places of the hall or the school playground (stadium), several "stations" are located in a circle (most often from 6 to

⁴ Guba, V.P. Age-related foundations of the formation of sports skills: a textbook. - M.: Smolensk, 2014. -138 p.

⁵ Kholodov, Zh. K. Theory and methodology of physical education and sports of railway workers Studies for university students -M.: Academy, 2000. - 480 p.

12). At each station, the student performs one of the exercises and passes the circle from one to three times. The total duration of the exercise time by the circular method is 25-35 minutes⁶. The game method: Its essence lies in the fact that the motor activity of those involved is organized on the basis of the content, conditions and rules of the game. It provides for the performance of a variety of motor actions in conditions of sports and outdoor games that require endurance. This method makes it possible to ensure an increased interest of those engaged in motor activity and less mental fatigue compared to exercises of a monotonous nature (for example, prolonged running at a steady pace). The duration of the load with the game method should be at least 5-10 minutes (without rest). Competitive method: This is a way of performing endurance exercises in the form of various competitions and competitive tasks involving elements of rivalry. It stimulates the maximum mobilization of physical and related mental forces and abilities of the students [34].

To sum up, we can say that, some authorities regard the 3,000-metre race as middle-distance. Middle-distance runners usually are able to perform well at either the shorter or the longer distances. Middle distance races are often decided by tactical decisions. In the 800-m race, the runners begin in lanes and they are allowed to get to the inside of the track oval, and thus run the shortest distance possible, after 100 m. The 1 mi/1,500 m begins with all runners behind a gently arcing start line. In international competitions, middle-distance races include the 800 metres, the 1,500 metres (the metric mile), and the 3,000 metres (a steeplechase event for men, but a regular run for women). The middle distance races are the 800m, the 1500m, and the 1 mile long runs. These races require different skills and tactics to win than the sprints. They rely more on endurance and pacing than just pure speed. Also, the runners don't stay in a single lane for the entire race. The correct technique for a middle distance runner their arms should swing mostly forward and back, not across body, between waist and lower-chest level. The elbows should be bent at about a 90-

⁶ Nachinskaya, S.V. Sports metrology - M.:Publishing Center "Academy", 2005, 47-50 p.

degree angle. When students feel their fists clenching or their forearms tensing, drop their arms to their sides and shake them out for a few seconds to release the tension.

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