

***ADAPTATION OF WEIGHTLIFTERS TO TRAINING IN OUR  
COUNTRY***

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***Annotation:*** *this article reflects on some aspects of the adaptation of an athlete to loads in training with weightlifting athletes.*

***Keywords:*** *load, weightlifting, training, weekly, monthly, competitions, set and jerk lifting, speed, strength, physical movement, muscle.*

***Аннотация:*** *в данной статье рассматриваются некоторые аспекты адаптации спортсмена к нагрузкам на тренировках со спортсменами-тяжелоатлетами.*

***Ключевые слова:*** *нагрузка, тяжелая атлетика, тренировка, еженедельно, ежемесячно, соревнования, подъем в сетах и рывках, скорость, сила, физическое движение, мышцы.*

In the sport of weightlifting, there is now a set of classic exercises such as swinging, both of these movements are performed throughout the body and combine great physical strength, speed, movement perception, technique of execution and

flexibility in itself. In addition, this sport requires absolute and relative strength, and the muscles of the arms, waist, legs and thighs rely on strong and quick strength.

It is possible to find out how athletes perform a given load in order to find out if the load given to the athlete is correctly or incorrectly selected by observing the weekly and monthly training cycle.

The relevance of the work lies in the fact that in the theory of weightlifting sports, methodological aspects of adapting highly qualified athletes to the training load have not yet been fully developed, and problems in this direction are still waiting for a solution. This process has not been sufficiently studied in our country, despite separately carried out studies dedicated to some problems of training with athletes. For this reason, some aspects of the adaptation of athletes to loads are considered in this scientific research work.

In the scientific literature, the load on weightlifting training was described by the amount of weight, the number of repetitions, the number of exercises used, the size of the load, muscle activity and other factors. Also, training in sports is understood as a process aimed at improving sports skills. Training with athletes mainly involves learning something new and improving what has already been mastered. Athletes who have reached the level of high sportsmanship, have participated in competitions at the Republican and international level, carry out the preparatory process at the level of professional training. Therefore, training is considered a long-term process and is understood as an individual engagement with athletes.

In Scientific Research, 12-week cycles of adapting weightlifters to training loadings have been developed, with a training plan aimed at improving the technique of competition exercises, that is, the training loads on the number and intensity of lifting the barbell in special exercises in relation to competition exercises are distributed. Suggestions and recommendations have also been developed in improving the fast lifting techniques of weightlifters, on the partial training loads of special exercises. According to him, the dynamics of the volume of the loads in the slow lifting exercises of the twelve-week training cycle of

qualified weightlifters of the experimental group has been developed, and for the first time in practice, in a movement similar to the movement of the final acceleration phase of the fast lifting exercise, the hands are able to, on the “XM-train” trainer, which is aimed at increasing the height of the barbell and the angle of writing of the knee joint and has a positive effect on the control of the movement trajectory of the barbell, performance in the 1,2,3,4-intensity zones after the end of the main workout was applied 200 times in 1-4 weeks, 176 times.

Each athlete must correctly follow the load given by the coach and perform it. The downloads given to the athlete by the coach encourage the athlete to be physically strong. It is not for nothing that a medical injury to an athlete can occur if the athlete is unable to perform the load given by the coach or performs it incorrectly. In the sport of weightlifting, as in each sport, the load capacity given to an athlete is determined by the physical qualities of the athlete. The increase in athlete results largely depends on how correctly the training load is selected.

In the sport of weightlifting, sit-ups during training are the main activities that ensure the strengthening of the body and the development of strength abilities. In the scientific studies conducted, the muscles of the sitting weightlifter are considered as the main means of training strength, and it has been proven that a correctly selected load on the sit-ups provides strength, as well as an increase in sports-technical performance.

Weight size is important in weight lifting. This factor is seen as a qualitative and numerical aspect of influencing the athlete's body, and it was based on the magnitude of the specific effect of the trigger on the level of functioning of the athlete's body. When making sure that the practitioner has sufficient physical fitness, it is necessary to proceed to training, taking into account the weight of the weight. Athletes who are theoretically familiar with the movement being taught, able to analyze it, understand general tasks as well as the tasks of each phase of the movement, are considered well prepared to teach.

The total amount of load used in the process of physical education should be such that its application should not cause negative changes in health. As one adapts to the applied load, the next increase in the overall load size must be completed as

the changes that adjust the move to the steady state stage. The higher the level of readiness achieved, the greater the loading parameters are increased.

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