

PLANNING EFFECTIVENESS OF THE ANNUAL TRAINING OF STUDENT WHO DOES RACE WALKING

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Abstract:

The growing competition in the race walking of track and field athletics and the raising the results recorded in the competitions necessitates the need to improve the system of training athletes in this sport in the world sports community. The training system of race walkers is a long-term pedagogical process, in which it is appropriate to organize sports training step by step on the basis of prospective planning. It is important to develop the physical fitness of athletes, technical-tactical, functional, psychological and interval training, and improve them in the system of training athletes. In addition, it is necessary to carry out important tasks such as the selection and determination of fitness of athletes in the preparatory stages for this sport. As a result of the continuous growth of sports results in world sports practice, special studies are being conducted by leading scientists in different countries. In particular, conducting various investigations on the selection of athletes for this sport, improving their physical fitness, developing their functional condition, and raising their psychological preparation creates a basis for improving the effectiveness of the sportsmen's training system. However, the increasing results of sports walking at the competitions require the developing and preparing the training programs for race walkers on a scientific basis and making changes to them. This is one of the urgent issues in the system of training athletes.

Introduction

Several achievements have been accomplished in chess, types of wrestling, boxing, gymnastics and athletics as a result of numerous scientific researches in the field of physical education and sports in our country in recent years. Of course, these achievements should be recognized. Especially, the preparing the highly qualified athletes who do race walking, optimal planning and effective managing the training process in race walking has become one of the most today's popular priorities. As we know, the representatives of our country have been achieving high results in the Olympic Games, World Championships, Asian Games and Championships, as well as in international competitions, the prestige and sports potential of Uzbekistan has been growing in the world. It is noteworthy that in the regions of our republic, magnificent sports facilities have been being built according to world standards, and the three-stage sports games "Umid Nihollari", "Barkomol Avlod" and "Universiyada" have been becoming popular among schoolchildren and students. It should be mentioned that the preparing of promising



athletes who will defend the honor of our country in international arenas is one of the our main tasks.

Taking into account the preparing athletes when planning the training process for race walking, using motor methods in training stages based on the determination of individual characteristics increases the possibilities of training highly qualified athletes. But if we have analyzed the sports results of the sports walkers of our national team in track and filed athletics, the average results of the 20 km race walking for men at international competitions are 1:21:00.0, while our athletes show a result of 1:32:00 at the championships of Uzbekistan. We can see that the difference between them is 8-10 minutes. Taking the above into account, we should work out a new planning program by fundamentally reforming the developing program for race walking. This is one of theoretical and practical importance in the system of preparing athletes in the field.

The aim of the research

To study the sports results of race walkers on the basis of statistical analysis and to develop a program for planning annual training sessions.

Obtained results and their discussion: The planning of annual training in race walking is divided into three periods. These will consist of preparation periods and competition periods. Today, in the practice of sports training, annual training consists of three peaks: This period includes 2-2.5 months like a basic training of race walkers. The physical fitness, functional condition, general physical preparation, special physical preparation, and technical-tactical training have been developed during this period. The next stage will be the competition period. This competition period covers 1.5 year. Special physical training, technical training and psychological training are improved in this. On the basis of improving interval training, paying great attention is paid to show the results of the competition with a high result and using all opportunities in the competition. The next stage will be a transitional period, and it will consist of treating injuries which've been acquired during training and competitions, preparation of the body for the next stage of training with the help of restorative means.

The second basic training of scientific training will last for 1.5-2 months and will consist of increasing the functional state of physical training and developing the level of technical training. In this case, the athlete should improve his preparation. The next competition period will be held for 1-1.5 months in order to improve the skills of technical and tactical training of athletes, and to develop the level of special endurance. The transitional period is 1-1.5 weeks of active rest and recovery of injuries. The next third stage of preparation is the preparational period of the athlete for the main competitions. This process is carried out for 1.5-2 months. The functional state of physical training involves improving technical-tactical psychological training during this training period. The competition period consists of showing integral preparation during the competition while improving all components. The transitional period should be organized within 1-2 weeks, and it is necessary to develop tasks such as treatment of injuries sustained during preparation and competition, as well as recovery of the body.



We focused on determining the physical fitness of race walkers by using 9 special tests in order to determine their physical fitness during the training. Preliminary research results has been obtained.

Table 1 Physical training results of the race walkers before the study

№	Control tests	Control group	Experimental group
		Before the study	
1	Running for 100 m	13,9±1,5	13,8±1,6
2	Running for 1500 m	296,7±24,4	298,3±25,1
3	Running for 3000 m	613,9±49,3	612,7±48,7
4	Running for 5000 m	1140,1±98,2	1161,8±98,6
5	Race walking for 3000 m	805,9±51,1	807,5±58,1
6	Race walking for 5000 m	1599,5±127,6	1597,6±118,6
7	Race walking for 10,000 m	3409,6±228,8	3451,4±221,6
8	Long jumping from a standing condition	237,3±17,6	229,4±16,8
9	Triple jump from a standing position	670,8±38,9	681,8±36,4

Our taken results show that, the training level of the race walkers in this group involved in the study was not formed with significant differences when compared to each other. We think that this can be the basis for further research. But if we compare the obtained results with the data provided by other leading scientists, it was observed that there were significant differences between them. With the above in mind, we have developed an optimized annual training program for athletic students who do race walking. The advantage of this developed program over the previously programs's that, taking into account the workload of students in the academic and applied sciences at the university, the total workload was reduced to the expense of specialized exercises, and preparation workloads were planned based on specialized tools. This planning program is given in the table below (Table 2).

This planning program allows to ensure optimal development of student athletes' physical preparation, technical -tactical condition, functional and psychological preparational level. This increases the possibility of achieving high sports results in the system of training athletes.



Table 2 Optimal planning program of the training processes of race walkers during the annual preparatory training (for the 1st and 2nd years of the training group)

№	The structure of the annual training cycle	Periods	Preparational period			Competitional period		Preparational period		Competitional period				Preparational period	Total
		Steps	PP	The first base development		Winter competition		The second base development		Competition	Summer competition				
		months	October	November	December	January	February	March	April	May	June	July	August		
	Main tasks and stages of preparation		Development of physical and functional training			Increasing the level of special physical preparation and technical training		Increasing the level of physical, functional and technical training		Increasing the technical tactical skills and the level of special endurance				Active resting and complete recovery of the body	
1	Total training volume	The 1 st year	210	230	280	220	250	260	280	185	210	235	110	100	2570
		The 2 nd year	295	336	340	260	350	275	235	220	120	240	300	255	3226
2	Capacity of special training equipment (YUUT up to 130 dice/min) km	The 1 st year	70	80	120	110	70	35	45	65	50	80	10	100	835
		The 2 nd year	120	150	75	40	55	45	65	50	30	95	150	145	1020
3	Capacity of special training equipment (YuUT 131-170 dice/min) km	The 1 st year	140	150	156	204	174	118	210	200	154	145	80		1731
		The 2 nd year	175	180	250	210	287	228	160	150	76	135	146	105	2102
4	The volume of special training equipment (YUUT high 170 dice/min) km	The 1 st year	-	-	4	6	6	7	25	20	6	10	-	-	84
		The 2 nd year	-	6	15	10	8	2	10	20	4	10	4	5	94
5	General physical preparation (s)	The 1 st year	20	20	25	20	20	20	25	20	20	20	25	35	270
		The 2 nd year	24	30	30	30	24	24	24	24	24	24	30	32	320
6	Number of competitions	The 1 st year	-	1	-	1	-	-	-	-	2	2	2	-	8
		The 2 nd year	-	1	-	1	1	-	-	1	2	2	2	-	10
7	Controlling	The 1 st year	4							2	2	2	2	-	12
		The 2 nd year	4	-	-	-	-	-	4	-	-	-	-	4	12
8	Medical examination	The 1 st year	4											4	8
		The 2 nd year	4	-	-	-	-	-	-	-	-	-	-	4	8

Адабиётлар рўйхати:

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