



## **THE TRAINING GROUP OF LONG-DISTANCE RUNNERS TO IMPROVE THEIR TRAINING PROCESSES**

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### **ABSTRACT**

The training group for long-distance runners has been established to improve the process of athlete preparation. This article explores both the theoretical and practical aspects of long-distance running, as well as focuses on enhancing the physical and psychological condition of athletes. During the training sessions, modern methodologies and techniques are applied by coaches, considering the individual characteristics of each athlete. Special programs aimed at improving the endurance, speed, and strength of the runners are developed. Furthermore, particular attention is given to motivating athletes and strengthening their psychological preparedness. This training group not only helps long-distance runners to prepare physically but also mentally, ultimately contributing to their success in sports.

### **KEY WORDS**

Training planning, physical preparation, technical skills, psychological preparation, nutrition, analysis and monitoring, rehabilitation, group training sessions, running strategies, diversifying the training process.

### **INTRODUCTION**

At the initiative of our President Shavkat Mirziyoyev, the strategy for the development of New Uzbekistan was developed. In this strategy, it is noted that "the further development of physical education and sports is an important factor in ensuring the health of the population." In line with this, the 67th goal of the New Uzbekistan development strategy for 2022-2026 states: "Increase the number of citizens regularly engaged in physical education and sports," and it is set to raise the number of people engaged in physical education and sports to 33% by 2026.

In particular, during the special meeting on the development of mass sports on April 1 of this year, President Shavkat Mirziyoyev set a goal to increase the number of young people aged 7 to 30 engaging in mass sports to 6 million. Furthermore, in his address to the people of Uzbekistan, the members of the Supreme Assembly, and the Senators on December 20, 2022, he emphasized the lack of programs for teaching physical exercises to people of various ages. The 2023 development strategy of the country has given a special place to physical education and sports.

The role of athletics in the physical education system. Many of our fellow citizens have been actively participating in athletics. The popularity of this sport can largely be attributed to the efforts of our President and government. The role of athletics in achieving the objectives set by the physical

education movement is significant, particularly in strengthening public health, promoting a healthy lifestyle, developing individuals, and preparing them for national defense and labor. Athletics plays a crucial role in these areas.

Athletics training improves strength, speed, endurance, and many other movement skills, while also developing willpower and moral qualities. Additionally, its importance in promoting health is significant and helps individuals achieve physical perfection (N.G. Ozolin).

The variety of athletics exercises, such as walking, running, jumping, and throwing, allows for the adaptation of strength to different conditions, making it suitable for people of various ages and genders. The intensity of these exercises is not difficult in terms of execution technique, and they are easy to teach. Moreover, these exercises can be performed in simple fields or open spaces.

The positive impact of athletics exercises on students has contributed to their widespread popularity. Athletics exercises are widely incorporated into physical education programs for schoolchildren and youth, as well as into training plans for various sports, and even in physical education activities for older adults. In physical education collectives, volunteer sports organizations, general secondary schools, specialized vocational colleges, kindergartens, and other institutions, athletics sections hold a leading position (N.G. Ozolin, R.Q. Qudratov, N.N. Chesnokov, V.G. Nikutishkin).

Athletics exercises have also been included in the population health assessment tests, in which the physical preparedness of individuals ranging from 7 to 70 years old is evaluated.

Assessing the level of athletic training helps encourage engagement in the sport and improves the organization of competitions. The popularity of athletics is continuously growing, and the results in this sport have been steadily improving. As a result, the classification norms in athletics change periodically.

During the process of running training, a person's willpower is strengthened, the ability to distribute energy effectively is developed, obstacles are overcome, and the ability to set goals in open spaces is cultivated.

Running is one of the main means of overall physical development. It is given great attention in the physical education lessons of students from all specialties, as well as for those engaged in other sports. Furthermore, running plays a significant role in active rest, health improvement, and maintaining work efficiency.

Running is the most popular physical exercise among all types of athletics. In athletics competitions, various forms of running and relays hold leading positions. They also attract considerable interest from spectators. For this reason, physical education lessons and running competitions are considered some of the best tools for promotion and motivation.

In physical education lessons, various types of running are taught, including flat running, hurdle running, relay running, and running in natural conditions.

There are two types of hurdle running, one of which is taught in the physical education lessons at the Fergana City Secondary School No. 6:

1. Hurdle running – In this type, hurdles of the same type are placed at specific intervals along the running track. The distance for running varies from 60 meters to 400 meters. Each student runs individually along their designated track, overcoming the hurdles.

2. 3000-meter hurdle running (stippled race) – In this type, students participate in a race where they run along a track, overcoming solidly placed hurdles and crossing a water-filled pit in one of the stadium sectors. This 3000-meter hurdle race is part of competition events.

**Relay running** – In this type, students run in groups. The number of participants in a group determines how many stages the distance will be divided into. The goal of relay running is to pass the baton from one runner to another, ensuring it reaches the finish line as quickly as possible, starting from the first runner. The intervals between stages can either be the same (short and medium distances) or vary (with mixed distances). Relay running is mostly held on stadium tracks, though sometimes it takes place on city streets (with circular or star-shaped relay races).

**Running in natural conditions** – This type involves running on open terrain (cross-country) with distances of 3000 meters for boys and 2000 meters for girls.

**Jumping** – is a natural method of overcoming obstacles, characterized by maximum exertion of the nervous-muscular system in a short amount of time. In athletics, jumping is included in physical education lessons and helps students improve their ability to control their bodies, concentrate their strength, and develop qualities such as strength, speed, agility, and courage. Jumping is one of the best exercises for strengthening leg and body muscles and for developing explosiveness. It is not only essential for athletes in athletics but also for representatives of other sports, especially for basketball players, volleyball players, and football players.

Athletic jumping is divided into two types: the long jump, which involves jumping over a distance, and the high jump, where athletes clear a bar. Various jumping techniques, such as the Fosbury Flop, are taught in physical education lessons.

1. **Vertical Jumping** – The goal is to jump as high as possible over vertical obstacles. This includes high jumping and pole vaulting.

2. **Horizontal Jumping** – The aim is to jump as far as possible over horizontal obstacles. This includes long jumping and triple jumping. In these types of jumps, both standing and running jumps are performed.

**Throwing** – Throwing exercises involve throwing special implements over a distance. These results are measured in meters and centimeters. Throwing is characterized by maximal muscle and nervous system exertion over a short period of time. Not only the muscles of the hands, shoulders, and torso are involved, but also the leg muscles play an active role. To throw athletics implements far, strength, speed, agility, and the ability to concentrate one's energy are essential. Engaging in throwing exercises helps develop these crucial qualities and also contributes to the harmonious development of all body muscles (V.I. Nikutishkin).

Athletics throwing exercises are classified into three types based on the method of execution:

1. **Overhead Throwing** (e.g., javelin, grenade) – The throwing technique involves launching the implement from behind the head.

2. **Rotational Throwing** (e.g., discus, shot put) – This involves spinning or rotating the body before releasing the implement.

3. **Push Throwing** (e.g., shot put) – In this type, the athlete pushes the object with their hands, often using a specific technique to launch it.

The difference in throwing methods depends on the shape and weight of the implements used. Lighter implements that are easier to handle can be thrown directly from the hand, such as in overhead throwing. Heavier implements, like the discus, are better suited for rotational throwing, while the shot put, which has no special grip, is more effectively pushed from the chest.

Running is one of the fundamental aspects of physical development in all directions. It is emphasized not only in the training of athletes specializing in track and field but also in athletes from other sports.

Running is a crucial component for active rest, maintaining health, and preserving work capacity. In track and field, running is the most popular physical exercise. Various types of running, including sprints and relays, hold leading positions. These events also attract great interest from spectators. Therefore, running competitions are considered one of the best promotional tools.

In a straight run, participants either cover a certain distance or run within a time frame. The running path (clockwise direction) is used for this purpose. In the case of running distances such as 400 meters or shorter, each runner has their own lane, and the competition takes place on the overall track. The time spent to cover a designated distance is measured. In one-hour or two-hour running competitions, the time is limited, and the result is determined by the distance covered within that time, calculated in meters.

There are two types of hurdle races

1. Hurdle race over barriers – In this race, athletes run along a track, jumping over obstacles placed at various distances, ranging from 60 meters to 400 meters. Each runner runs along a separate lane.

2. 3000-meter hurdle race – In this race, athletes run along a track, jumping over barriers placed at certain points. They also pass through sectors of the stadium where they cross a pit filled with water.

Relay race – In this race, teams of runners take turns running. The distance is divided into several sections, depending on the number of runners in the team. The goal of the relay race is to pass the baton from one runner to another as quickly as possible, from start to finish. The sections between runners can either be of equal (short or medium distances) or varying (mixed distances). Relay races are usually held on track fields, but sometimes in city streets (with circular or star-shaped relay routes).

Cross-country running – In this type of running, athletes run on uneven terrain, such as fields and open spaces. Distances range from 15 kilometers and can go further, often on paths like dirt roads or muddy tracks.

The longest distance in track and field is the marathon, which is 42 kilometers and 195 meters long. Traditional long-distance races are also held between cities, such as the race from Tarasovka to Moscow (28 km) or from Pushkin to Leningrad (30 km). These races are a part of long-standing athletic traditions and are still held regularly.

Jumping is a natural method of overcoming obstacles, characterized by maximal exertion of the nervous and muscular systems in a short period of time. In track and field, jumping exercises help students improve their ability to control their bodies, enhance their physical capabilities, and develop strength, speed, agility, and courage. Jumping strengthens the leg and body muscles and helps develop elasticity. It is one of the best exercises not only for track and field athletes but also for athletes in other sports, such as basketball, volleyball, and football, where it is particularly important.

In track and field, jumping is divided into two types:

1. Vertical jumps for higher jumps, such as high jumping and pole vaulting. These exercises focus on achieving the maximum height.

2. Horizontal jumps for longer distances, such as the long jump and triple jump. These exercises focus on achieving the maximum distance.

The results of jumps are measured in meters and centimeters.

The purpose of teaching the subject is to develop the main physical qualities of students in various track and field events. This involves using specific training methods and techniques, organizing and conducting exercises and competitions, teaching the technical and tactical aspects of track and field,

and helping students form knowledge, skills, and abilities based on the theoretical foundations of the sport (N.G. Ozolin).

The objectives of the subject are to teach students the theory and methodology of track and field sports, to organize and manage long-term training programs, to understand the content, system, tools, and methods of track and field, and to teach the system and procedure for the qualification stages of athletes. The subject also focuses on methods of complex student monitoring, innovations in training management, and applying the positive results of scientific research and experiments in sports practice (N.G. Ozolin, X.T. Rafiyev).

In the process of mastering the subject of Physical Education, students develop and enhance their knowledge, skills, and qualifications within the framework of practical activities.

- The role and importance of physical education within the system of physical education and sports, as well as understanding the development of track and field sports in the world, Asia, and Uzbekistan, are key learning points. Students must also be familiar with the methods, principles, and approaches used in teaching track and field. They should learn the theoretical and practical foundations of the structure, methods, and tools used in track and field training processes.

- Organizing and conducting physical education classes, as well as analyzing the pedagogical aspects and timekeeping during lessons, are essential. Students should learn to perform the technical and tactical aspects of track and field events, and develop the skills necessary for organizing competitions and officiating in various positions.

- Physical education lessons should be organized and conducted in accordance with modern standards. Students should be able to choose appropriate loads that match their functional capabilities, prepare independently for lessons, and organize and conduct competitions. They must also possess the ability to work with students in terms of spiritual, educational, and moral development.

- The organization and conduct of physical education classes and training processes based on modern requirements is essential. This includes selecting appropriate workloads that match the functional capabilities of students. The goal is not only to increase the effectiveness of lessons but also to inspire young students to pursue high-level results. It is also important to ensure that physical education strengthens overall health and builds a foundation for future well-being, particularly for girls, preparing them for the joys of motherhood. The selection process in sports should be integrated with other related disciplines (such as medicine, biology, physiology, biochemistry, psychology, etc.) in collaboration with experts from these fields. Modern technological methods should be used to organize lessons effectively.

Physical education and sports are among the priority directions of global politics. Track and field is considered a popular sport worldwide and is highly competitive in the Olympic Games for medals. In international competitions, Uzbekistan's track and field athletes continue to achieve high rankings, enhancing the country's international reputation.

Track and field is introduced as a separate section in the physical education curriculum of all general education schools. The planning, conducting, and regulation of workouts should take into account the students' gender, age, level of physical preparation, hereditary potential, and functional conditions. This approach aims to strengthen the health of the younger generation, providing a foundation for high sports results, which is essential for the development of our country. Therefore, highly qualified coaches are needed for the track and field sections in sports organizations across the republic.



Consequently, the physical education subject should have specific requirements, and physical education teachers are expected to be well-versed in each sport. Students should be well-prepared physically and mentally, improving their health and achieving success in sports by developing key physical and mental qualities.

Developing and nurturing these qualities through physical education lessons is crucial for the overall development of students (M.S. Olimov, F.P. Suslov).

First and foremost, the process of comprehensive and special physical development of students is essential. Physical training is divided into general and special physical training.

General physical training refers to the harmonious development of students, which includes improving motor skills, strengthening the organs and systems of the body, enhancing their functional capabilities, and improving control abilities. This also involves increasing strength, speed, endurance, agility, and flexibility. It aims to correct deficiencies in posture and body structure. To achieve this, regular physical exercises should involve all parts of the body, influencing various organs and systems through movement activities.

For this purpose, various exercises from the aforementioned three groups should be utilized, especially those aimed at general development. Special physical training often involves exercises that have a more specific impact and are directed towards particular goals, but general physical exercises can still play a role in special training. Even in general physical training, targeted exercises are used to address specific issues, such as posture correction, body structure improvement, and overall physical development.

In general and special physical training, exercises that develop strength, speed, endurance, agility, and flexibility play a central role. These physical qualities are closely related to the functional capacity of the organs and systems within the body, which, in turn, determine the body's ability to move and perform tasks.

Developing strength in students is crucial. Without sufficient strength, reaching sports mastery becomes impossible. The speed of movement, as well as endurance and agility, are all highly dependent on muscular strength. The strength of muscles is influenced by the activity of the central nervous system, particularly the brain's motor cortex, the physiological cross-section of muscles, biochemical processes in the muscles, changes in their excitability, and their fatigue level.

Muscle strength occurs only when nerve impulses from the brain's motor cortex reach the muscles through the motor nerves. This emphasizes the importance of the functional capabilities of the nervous system. Therefore, exercises that involve strength training, such as shot put, discus throwing, and other strength-based activities, are crucial in developing muscle strength.

The development of muscle strength in students primarily involves learning to control their muscles, contract them, and increase strength. At the same time, it is also important to teach them to demonstrate great willpower. Additionally, muscle strength can be developed by improving the functional capabilities of nerve tissues. Since muscle strength is directly proportional to the physiological cross-sectional area of the muscles, physical exercises lead to an increase in muscle mass, and as a result, muscle strength also increases. Along with this, rotational strength in muscles also increases. Metabolism improves, and the production of energy-providing substances increases.

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