

PECULIARITIES OF WOMEN'S TRAINING IN CROSS-COUNTRY ATHLETICS THAT REQUIRE A PREDOMINANT DISPLAY OF ENDURANCE

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ABSTRACT

Currently, many of our compatriots are engaged in athletics. The development of women's sports in the field, especially the training of our female girls in athletics, is one of the leading factors in the formation of a healthy generation in the future.

Keywords: physical training, physical culture and sports training, endurance long-distance running.

The role of physical culture and sports in raising the status of women in society, strengthening their health and shaping their lifestyle is invaluable in our country. The development of physical fitness is one of the priorities of state policy today [1,2].

Objective: To increase sports performance by selecting effective means of improving the physical quality of agility in improving the physical fitness of women aged 17-18 and 19-22 years.

Novelty of the work: 17-18 and 19-22 year old women develop their physical qualities by increasing the level of endurance training by splitting the running distance and conducting various jumping exercises as a relay.

The aim of the study was to properly distribute exercise loads in increasing girls' physical fitness.

Research methods

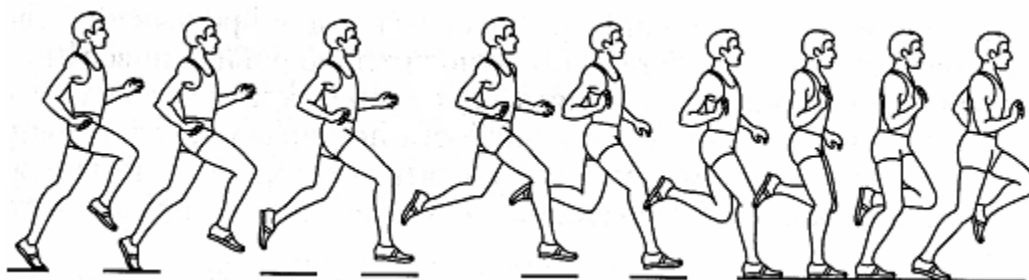
- Analysis of scientific and methodological literature;
- Determining physical fitness through tests:
 - maximum running 4 x 9 m, s;
 - Running 30 meters from the bottom start;
 - Running a distance of 60 meters;
 - Running 100 meters;
 - 3000 m running;
 - Long jump from place to place;

Three jumps from the ground;

- Determining physical development height, weight, arm strength left and right;
- Mathematical static methods
- Organization of pedagogical research

Medium and long distance running techniques. Medium distances include 800 m and 1500 m, long distances from 3000 m to 10000 m. They are held at the stadium or at cross distances.

The running process can be conditionally divided into: getting speed from start and start, running the distance and reaching the finish line. The basics of running techniques are the most conservative, and over the centuries they have not changed significantly. Research on the individual technique of leading athletes has led to only minor changes. Basically, the influence of various factors on running technique, the work of certain muscles in the formation of running speed was determined, the biomechanical parameters of the main characteristics of running technique were determined (Pic. 1).



Picture 1. Medium distance running technique

Famous athletes of the XX century, such as the Znamensky brothers, V. Kuts, P. Bolotnikov, L. Bragina, T. Kazankina, play an important role in promoting running and attracting young people to this sport.

The basis of modern running technique is: a) high speed of movement; b) maintain this speed for the entire running distance with low energy consumption; c) the pursuit of freedom and naturalness in every action.

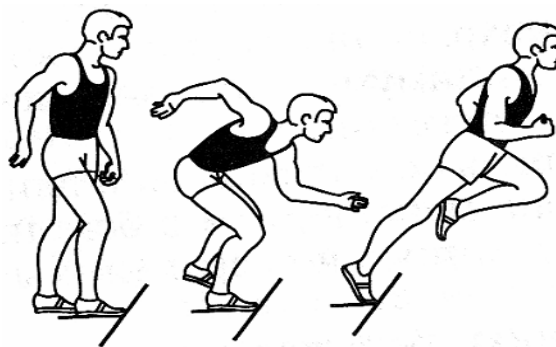
It will be necessary to talk about the optimal step length in each type of run; when running medium distances it is less than when running short distances and more than when running long distances and very long distances.

Tension intensity and movement efficiency are one of the most important indicators of running technique. They are related, on the one hand, to the speed-power training of the runner, and, on the other hand, to the saving of energy reserve expenditure. As the distance increases, the motion-saving factor outweighs the importance of the work

intensity factor, as the steps length and speed decrease. This is where the athlete's ability to do long-term work with optimal intensity comes to the fore.

Running medium and long distances starts from the start. According to the rules of the competition, in this case, a high start consisting of two commands is applied.

Start and start acceleration. "Start!" with the command the runner assumes the initial position next to the start line. The depressing foot stands in front of the line, and the stepping foot is placed backwards at a distance of 2-2.5 feet. The torso is bent forward about 40-45°, the legs are bent at the hip and knee joints, and the UOM is located close to the front leg. The position of the runner's body should be comfortable and sturdy. The arms are bent at the elbow joint and assume the opposite position relative to the legs. The runner's gaze is focused on the sidewalk about 3-4 m forward (Pic.2).



Picture 2. High start technique

After the starter's "Marsh" command or a shot, the athlete begins to run actively. The athlete starts running in a bent position from the start, then slowly adjusts his body and assumes a running position, in which the bending of the body is 5-7°.

At other distances, the start acceleration is smaller, around 10-15 m, where the main thing is to take a seat on the side of the track at the expense of rapid acceleration, not to run along the second track without increasing its path, and then to run at a steady pace.

The level of physical fitness obtained at the end of the study of girls who ran short distances in the experimental group

№	F.I.O.	maximon running 4 x 9 m, s	30 m / m running	60 m / m running	100 m / m running	3000 m running	jump from a standing position three	jumps from the floor
1	Axrrova	12,60 1	3.8	10.8	14.5	686,00	190	5.49
2	Alieva	12,13	4.2	9.7	13.5	725,50	185	5.41
3	Akhmedova	11,90	4.0	9.3	13.3	721,00	170	5.80
4	Buronova	11,65	5.3	11.2	11.7	720,00	205	6.70
5	Valieva	11,20	4.3	12.1	16.8	686,00	235	6.10
6	G'anieva	11,00	3.9	10.9	15.3	665,50	198	5.41
7	Karimova	12,13	3.3	10.3	17.6	664,00	176	5.56
8	Lazizova	12,50 1	4.1	9.7	14.4	662,50	207	4.98
9	Malikova	12,00	4.9	10.1	15.8	721,00	210	5.78
10	Nosirova	10,80	3.9	10.5	14.9	797,00	215	6.78
11	Nishonova	10,60	4.5	11.7	13.8	785,00	204	7.77
12	Omonova	11,20 1	3.6	9.4	12.5	664,00	173	4.15
X is the average		10.0	4.3	10.9	15.4	665 or less	198	5.61

The control group was the level of physical fitness obtained at the end of the study of girls running short distances

№	F.I.O.	maximon running 4 x 9 m, s	30 m / m running	60 m / m running	100 m / m running	3000 m running	jump from a standing position three	jumps from the floor
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2	Burieva	12,13	4.2	9.7	13.5	725,50	185	4.70
3	Islamova	11,90	4.0	9.3	13.3	721,00	170	5.80

4	Nomonova	11,65	5.3	11.2	11.7	720,00	205	6.70
5	Mamatova	11,20	4.3	12.1	16.8	686,00	235	6.10
6	Maqsudova	11,00	3.9	10.9	15.3	665,50	198	5.41
7	Melieva	12,13	3.3	10.3	17.6	664,00	176	5.56
8	Olimova	12,50 1	4.1	9.7	14.4	662,50	207	4.98
9	Pulatova	12,00	4.9	10.1	15.8	721,00	210	5.78
10	Qosimova	10,80	3.9	10.5	14.9	797,00	215	6.78
11	Qodirova	10,60	4.5	11.7	13.8	785,00	204	7.77
12	Rasulova	11,20 1	3.6	9.4	12.5	721,00	173	4.15
X is the average		10.0	4.3	10.9	15.4	661 or less	198	5.61

In long-distance running, the transition to special training means a deeper improvement in running technique, a gradual increase in the volume of special exercises and training load, as well as systematic participation in competitions. The total volume of physical training increases with special training. The main task of the athlete's special training is:

1. General level of physical fitness: speed, endurance, increase flexibility, ability to relax muscles and control.
2. At the start, post-start acceleration, long-distance running, increase the level of technical readiness in running to reach the finish line.
3. Development of speed-strength physical quality and special endurance of girls running long distances.
4. Improving moral, volitional qualities and psychological level.
5. Improving tactical training and gaining competition experience.
6. It is necessary to solve the task of continuing theoretical training. Depending on the individual characteristics of the athlete, tasks other than those specified are also addressed. Classes are held 5 times a week in the following scheme: 3 days of training + 1 day of rest + 2 days of training + 1 day of rest. Planning a high-level short-distance runner's workout Lessons from a beginner's workout plan not only because of the large number, but also because the volume and intensity of training loads are excessive. [4].

Women who run long distances are advised to exercise with heavy and similar weights (less repetitions), as well as with small and medium weight bars (multiple repetitions), which gives them

strength. Training during the training period should include various jumping and sprinting special training exercises. Doing these exercises in series will allow you to gradually increase the time it takes to perform them almost continuously to 40-45 minutes by the end of the preparation period.

Pre-competition training will be more specialized. During the first competition, very important tasks are set for the training of girls running long distances. These are the completion of the great and difficult preparatory work that began in the winter and spring months, the athlete in many responsible competitions that will take place in June-September.

is to create the necessary ground for girls to succeed.

The methods used in training not only help girls to develop their physical fitness, but also create the basis for their full development [2,3].

Extreme long-distance running features. Extreme distances include running from 15 km to 42 km 195 m, as well as hourly running and even daily running competitions. If competitions are held on stadium tracks, records of different scales will be recorded at these distances; if the competitions are held outside the stadium, high results are recorded.

Therefore, the main requirement for the technique is the economy of movement, because running over long distances places high demands on the running organism and, above all, on the demonstration of endurance. To increase savings when running very long distances, it is necessary to reduce the magnitude of the vertical vibrations of the UOM, which leads to a slight reduction in flight time and an increase in base time. All this helps to reduce the tread angle and, consequently, to maintain the running speed when the tread intensity is slightly reduced.

In marathoners, the step length varies slightly: from 140 cm to 165 cm. It is: 1) the length of the legs; 2) strength training of the runner; 3) running speed; 4) depends on the relief of the place. The distinctive features of running long distances are:

- along steep terrain (often at intersections along the distance), with ups and downs of various lengths and steepness (krutizna);
- long running time (up to 3 hours);
- Significant impact of meteorological conditions.

Methods of teaching medium and long distance running techniques.

When teaching medium and long-distance running techniques, it is advisable to train on different planes outside the stadium, as long-distance running competitions are mainly held outside the stadium.

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