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## THE MAIN CONCEPTS AND CURRENT PROBLEMS OF THE PREPARING SYSTEM OF RUNNERS IN MODERN SPORT THEORY

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**Abstract**– *This paper discusses of the current position of the preparing process of the athletes in the context of the runners. The literature review shows that there are different approaches in the training theory of the runners. It should be more successive if the coaches give their attention to the effective training way to achieve their goals.*

**Keywords:** *Sport training theory, runners, periodization, goal, training scheme.*

**Introduction.** For a long time, say, a year, the process of training consists of certain small periods. In other words, there will be periodic changes in the structure and content of the exercise that will affect all elements, direction, means, methods, general and special training ratios, load dynamics, and so on. To talk about the reasons for these periodic changes, it is necessary to return to the concept of sports form and review the laws of its development.

The amount and duration of cycles in a training cycle should actually correspond to the number and duration of the phases in which the sport develops. In this case, the most optimal and effective period of exercise should coincide with the formation of the sports form. But that is not always the case (1, 2). This issue is being studied as a problem of cycling in sports. This can be caused by secondary factors (imperfect race schedule, climate, social issues, etc.). There may be other incidents as well. For example, consider a "dual" exercise cycle, which consists of five training periods that include two cycles of sports fitness development. It is as if two phases of the development of a sports uniform (the disappearance of the previous form and the emergence of a new one) merged against the background of one of the periods (2, 3, 5).

It is possible to shorten or lengthen the development phase of a sports uniform by changing the components of the exercise, including the volume and intensity of the loads (1, 3, 4). But it should not be arbitrary. It is impossible to prolong or shorten these phases indefinitely, because their duration is largely determined by the internal laws of the organism and depends on a number of specific conditions (the level of pre-training of the athlete, the characteristics of the sport, etc.). The training period cannot be shorter than the time actually required to enter the sports uniform in these specific conditions (2, 5). The

competition period cannot be longer than the chances of keeping the sport uniform without hindering further progress.

The duration of the transition period depends primarily on the cumulative amount of previous loads and the length of the recovery process. The more complex and lengthy the exercise process, the more complicated the recovery process will be. It directly characterizes and describes the transition period in sports.

**Materials and methods.** During the preparing of the paper there were analyzed special literatures in which belong to the following scientific sphere:

- a) The materials belong to common sport theory;
- b) The materials focuses to periodization of sport training;
- c) The materials listed in Scopus, GoogleScholar, Reserchgate, SportDiscuss and others;
- d) The materials in Uzbek, Russian and English languages including article, books, book chapters, dissertation theses and monographs.

**Results and discussion.** The total length (duration) of a training cycle is often determined by the calendar year of the competition. Experience and research have shown that in most cases, this period is enough to ensure the growth of sports results. However, in some sports (weightlifting, track and field, sprinting and, apparently, in other sports of the same nature) it is possible to renew the uniform not only for a year, but even every six months. For these sports, it is advisable to use one-year and half-year (or "double") training cycles, alternating them in a certain order.

In any case, cycles of less than half a year cannot be a permanent basis for updating a sports uniform. Cycles of more than a year may be more favorable in some cases.

Approximately the following periods of periods can be set for qualified athletes:

1. Training period -3.5-4 months (this is typical for half-year and "double" training cycles) to 5-7 months (in one-year cycles);
2. Competition period -1.5-2 months (in half-year and "double" cycles) to 4-5 months (in one-year cycle);
3. The transition period is from 3-4 weeks (in a half-year cycle) to 6 weeks (in one-year and "double" cycles).

It should be noted that the observations of chronology in sports show that the proportions and duration of periods are not absolute. Periods vary depending on the nature of the sport, the competition schedule and the capabilities of the athlete.

Apparently, for many sports, rational periods of time can be within the above limits. This includes the full range of timeframes for the same sport, and only some timeframes for other sports.

The length of your training sessions will not change over the years. Therefore, the above figures do not apply to everyone. They are mainly for well-trained, well-formed and growing athletes. The less you exercise and the lower the load on the exercise, the greater the time difference.

A number of forms of periodicity are used in practice. However, multi-cycle cycling is widely used in modern sports. There are single-cycle, two-cycle, and multi-cycle cycles. Professor Tudor O. Bompa (et.al., 2007) generalized the periodicity of the beta type (**figure 1**).

	The Annual Plan													
Phases of training	Preparatory						Competitive						Transition	
Sub-phases	General preparation			Specific preparation			Pre-competitive		Competitive				Transition	
Macro-cycles														
Micro-cycles														

**Figure 1. Periodization of sports training (Tudor O. Bompa and G.Gregory Haff, 2007 ).**

**Note: A-Single-cycle periodicity; B-Two-cycle periodicity; C-Three-cycle periodicity; D-Two-cycle rounding; E-Three-cycle periodicity; I-Preparatory period; II-Competition period; Transition III.**

The current increase in the number of competitions indicates the need for athletes to participate in them on a regular basis. Athletes need to be in constant training. For this reason, the most commonly used periodic is the three-cycle narrowing.

The system of distribution of sports competitions throughout the year, as well as (in so-called "seasonal" sports) the change of climatic conditions depending on the seasons have a significant impact on the cycle of sports training. However, neither the calendar nor the seasons determine the nature of the training process and therefore cannot serve as the basis for its cycle.

The seasons have a partial effect on the organization of the duration of the periods in the "seasonal" sports, limiting the length of the competition period and the choice of a certain amount of exercise.

As the material and technical base develops (construction of indoor stadiums, ice rinks, swimming pools, etc.) and the methodology improves (the use of special training exercises in the "off-season" period, etc.), the level of seasonal factors limits the training. As a result, the impact of today's sports climate and other factors on the training system is declining.

Thus, the development trends of modern sports are not to adapt the exercise process to climatic conditions, but rather to increase the capacity of the athlete's body, the use of advanced techniques and, in short, to overcome various subjective influences. Climatic factors, such as solar radiation, water, and air, should be used to the fullest extent possible to improve an athlete's performance at all stages of training.

The calendar of competitions superficially determines the boundaries of the competition period, indicating the time of the competition. But in any case, the cycle of training can not be "excluded" from the competition schedule. This is because the calendar alone cannot say anything about the time required for full preparation, nor about the importance of the stages of preparation that an athlete has to go through in order to get into shape before the competition. In addition, a sports calendar can be considered rational only if it does not contradict the laws of the cycle of exercise, but conforms to it. Otherwise, it will prevent the highest sports results.

Therefore, when planning the schedule of competitions, it is necessary to proceed from the rational cycle of training, its objective laws.

However, the overall schedule of competitions is influenced by many factors (some of which do not depend on the coach and the athlete) and is therefore somewhat independent of the cycle of training. Therefore, it is necessary to determine the conditions that allow to eliminate the contradictions between the sports calendar and the exercise cycle.

If the above conditions are met, there will be no irreconcilable contradictions between the sports calendar and the exercise cycle, and they will be hormonally adapted to each other. In this case, the sports calendar does not oppose the organization of the exercise in accordance with the purpose, but rather becomes one of the powerful factors that help it (see figure 2).



**Figure 2. Famous coach Glen Milles instructs his student Usain Bolt**  
(<http://WWW.VICTORNWANKPA.COM>)

Organizational functions. It is divided into several areas: qualifying functions, training functions, planning functions, control over the training process, arbitration and secularism. The structure of sorting functions includes the following knowledge: the basic laws of development of the organism - morphological, physiological, mental, physical; athlete model descriptions; means, forms and methods of sorting; at the beginning of early specialization. At the same time, it is necessary to be able to: anticipate and analyze the results of sports; selection of potential children for primary training groups; selection of children for training groups, sports development groups; use of sorting methods.

The functions of coaching include the principles, tools, forms, and methods of teaching and development; knowledge of specific terms; to determine the student's special abilities, character, intellectual level, level of creative thinking, attitude to the work. The coach is able to teach rational techniques and tactics; it is necessary to be able to determine the level of development by shaping the physical and mental state of the athlete. The effectiveness of the planning functions allows the knowledge of the purpose of the training, its stages and periods to determine the appropriate tools and methods for solving the objectives. The control function over the training process involves the use of tools and methods of management and control in sports. The arbitration function is manifested in the knowledge of

the rules of the competition and, where necessary, in the performance of the arbitration duties at any stage of the arbitration proceedings. The second function is manifested by the coach's good knowledge of the students, their negative and positive characteristics, the appearance of the emotional state, the signs of various pre-start moods and the ways to manage them. The research function is the correct use of research tools and methods; processing of the obtained data using the achievements of science and technologies.

Gnostic functions. In order to fulfill their professional responsibilities, a coach must have certain pedagogical capabilities, which should be determined by the knowledge and experience gained in his personal characteristics. A survey of coaches with different qualifications and specializations will allow you to sort these functions by level of importance.

1. Management of technical and tactical training of athletes.
2. Improving personal professional and cultural level.
3. Organization of educational work in the team.
4. Planning the training process of athletes.
5. Athletes voluntary training management.
6. Control over the condition of the athletes and the course of the exercise.
7. Athletes physical fitness management.
8. Management of competitive activities of athletes.
9. Material support of the preparation process, finding sponsors and organizing the activities of commercial structures.
10. Conducting sports qualifiers.
11. Organization of recovery procedures.
12. Management of theoretical training of athletes.
13. Organization of training sessions.
14. Preparation to solve organizational problems.
15. Medical care due to illness and trauma.
16. Organization and holding of competitions.
17. Supervision of general education of athletes.
18. Reporting and accounting.
19. Participation in scientific and methodological work.
20. Participation in competition arbitration.
21. Training of community coaches and referees.

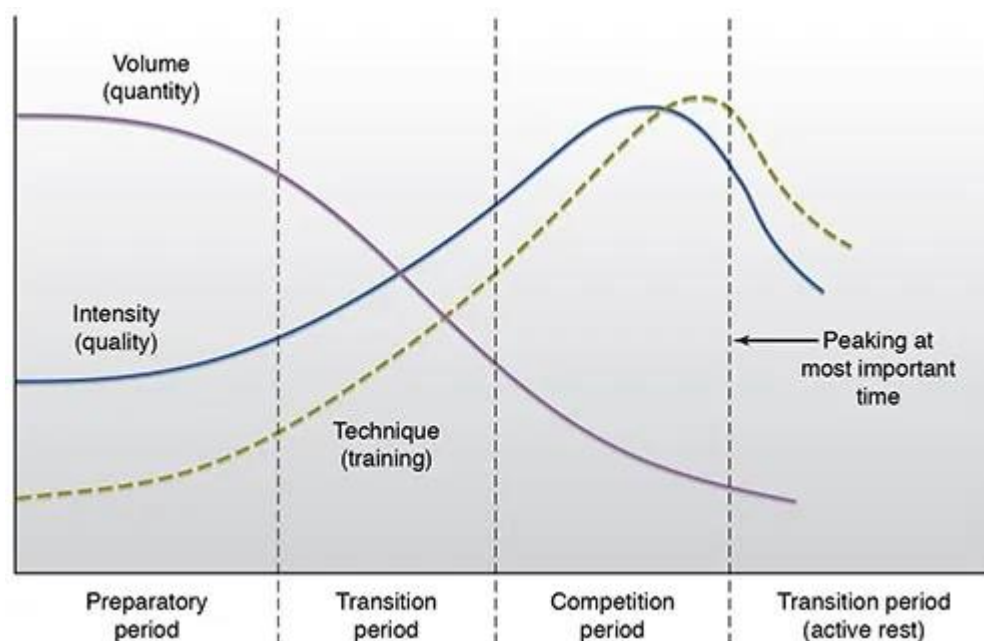
Thus, the structure of professional activity takes the following.

- Direct management of the preparation process.
- Improving personal skills.
- Sports qualifying and organizational issues.
- Preparation for participation in competitions, organization and holding of competitions.

Increasing athletic performance requires a gradual and high level of exercise demand. Exercise increases the amount of physical activity, as well as the level of technical, tactical or willpower training. Exercise should not only be gradual, but also maximizing. It also depends on the skill level of the athlete. This principle of sports training was first scientifically interpreted by Krestovnikov and is considered to be the most optimal form of adapting athletes to training according to its content and direction. As your



workload increases, so does your athlete's fitness level. As a result, the athlete's body adapts to physical loads (see figure 3).



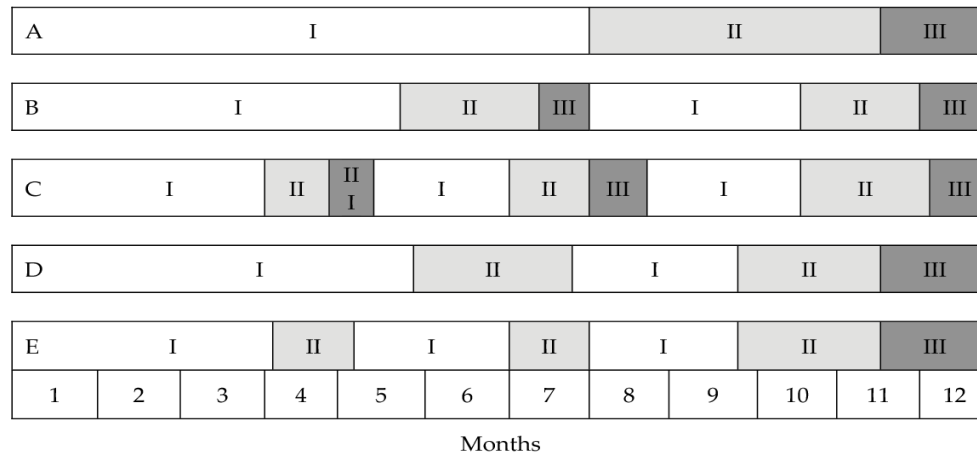
**Figure 3. Training load, intensity, sport performance during the annual training (Michael B. Phillips, Jake A. Lockert, and LaNise D. Rosemond, 2016).**

A gradual and maximal increase in workload during a workout is often considered an overworked, tiring workout. It would be more accurate to say that this load is within the limits of the functional capacity of the athlete's body and does not exceed its adaptive capacity. When we say maximum load, we need to understand the load at the level of the athlete's capacity, within its functional capabilities. Excessive exercise, both physical and mental, can have a detrimental effect on an athlete.

Speaking of increasing workloads, it should be noted that this process is not the same at all stages of sports training. During certain periods of training, the load increases relatively, and sometimes the intensity increases. Physical loads do not go in the same, parallel. A number of foreign scholars have taken a unique approach to this issue (Michael B. Phillips, Jake A. Lockert, and LaNise D. Rosemond, 2016). These points provide information on changes in physical activity and training periods in the annual training cycle.

This means that the physical activity in training will gradually increase and the athlete will have to reach his full potential. The principle of gradual increase in physical activity is one of the most important indicators of an athlete's fitness. In this case, the gradual adaptation of the athlete's body is observed and carried out. In fact, one of the priorities of this principle is to adapt the athlete's body to physical activity.

A gradual increase in load during a workout will gradually increase the athlete's chances (V.Lyax et.al., 2015).

**Figure 2**

*Different models of periodization within one macrocycle (12 months):  
 A – mono-cycle planning; B – two-cycle planning; C – three-cycle planning;  
 D – a “double” cycle; E – a „triple” cycle; I – preparatory period; I – competitive period; III – transitional period (Platonov, 2013)*

During exercise, the load is not the same. During a certain period of training, the volume of downloads will increase. In some cases, on the contrary, the loads decrease and the dynamics slow down.

**Conclusion.** The increase or decrease in downloads is not absolute, but within certain limits, based on the planned parameters. One of the main reasons for the fluctuating changes in physical activity during exercise is to restore the athlete's functional state, on the other hand, to increase the chances of competition. Modern sports theory and practice support the need to properly assess an athlete's capabilities and to coordinate training loads based on a competition schedule. Keep in mind that the optimal period of sports results does not correspond to the period of maximum increase in physical activity. It will take a long time for the work to be done to improve the results of the sport.

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