

METHODOLOGICAL BASICS OF CONSTRUCTING TRAINING MICROCYCLESPh.D. dosent, **S.A. Akhmedova**dosent **Y.Kh.Mustafaev**

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Annotation: This article examines the individual characteristics of the adaptive reactions of the athlete's body during the training process, which have not yet been sufficiently studied, but there is no doubt that the parameters and other features of the recovery phases in microcycles significantly depend on them.

Keywords: Sports, physical culture, physical qualities, microcycle, physiology, human health.

Аннотация: В данной статье рассмотрены индивидуальные особенности адаптационных реакций организма спортсмена в тренировочном процессе, которые ещё недостаточно изучены, но не подлежат сомнению, что от них существенно зависят параметры и другие особенности этапов восстановления в микроциклах. .

Ключевые слова: Спорт, физическая культура, физические качества, микроцикл, физиология, здоровье человека.

A separate training microcycle consists of at least two phases: cumulative (where the total effect of training influences is primarily ensured) and restorative (a restorative activity or complete rest). The minimum duration of the microcycle is two days (the ratio of the first and second phases is 1:1).

It should be noted, however, that microcycles of such duration are very rare, since their scope is very narrow for the implementation of the tasks of sports improvement, in addition, as training develops, short-term microcycles increasingly come into conflict with the need to increase the effectiveness of training influences. In this case, microcycles often last a week or so. In such microcycles, the cumulative and recovery phases can be repeated two or more times, with the main recovery phase coinciding with the end of the microcycle. Obviously, these variables depend on the characteristics of the sports specialization and the level of preparedness of the athlete. The higher this level, the more basic activities the microcycle can include, the more significantly the cumulative phases are expressed in it. In speed and speed-strength sports, as well as in various types of combat sports, classes are often carried out against the backdrop of full restoration of performance.

The individual characteristics of the adaptive reactions of the athlete's body during the training process have not yet been sufficiently studied, but there is no doubt that the parameters and other features of the cumulative and recovery phases in microcycles significantly depend on them. The same can be said about biorhythmic fluctuations in the functional state of the body, such as metabolic-trophic biorhythms, lasting several days.

If the phases of training microcycles are consistent with the phases of certain biorhythms, then this has a positive effect on the well-being of athletes. It is important to note that the weekly cycle does not always fully meet the requirements of the optimal structure of the training process, but it facilitates its coordination with the main points of the general regime of life and activity, although in certain situations other options for constructing microcycles may be preferable.

The structure of microcycles can naturally change in certain details as the training process unfolds, depending on the change of its stages and periods. In other words, the structure of microcycles depends on their place in larger structures - mesocycles and microcycles. At the stage of basic, fundamental training, microcycles should cover a particularly wide range of training sessions aimed at the comprehensive development of the athlete's physical qualities, the formation of motor skills and abilities, and, if necessary, their restructuring, which most significantly affects the number of basic training sessions, their order alternation, general dynamics of loads and other features of the construction of microcycles. At the stages preceding the main competitions, the content of classes is narrowed, which is reflected in the selection of training means in accordance with competitive activity, while the structure of microcycles is rebuilt in relation to the schedule of the upcoming competition.

During the training process, microcycles of several types alternate. The main ones are the actual training and competition ones, and the additional ones are introductory and recovery ones. The actual training microcycles are divided into general preparatory and special preparatory. The former are characterized by alternating activities aimed at developing all or most of the athlete's basic physical qualities. The latter are distinguished by an increased proportion of specialized work aimed at developing specific fitness.

Both types of microcycles have variations. According to the degree of training impact, some of them can be called "ordinary", others "impact". Ordinary microcycles are characterized by a uniform increase in training loads, their significant volume, but an unlimited level of intensity. Impact microcycles, along with a significant volume of loads, are characterized by high intensity.

There is an opinion that lead-in microcycles are built according to the rules for directly leading an athlete to competition. The content and construction of such microcycles are determined by the characteristics of the athlete's pre-start state, the consequences of previous training sessions and the characteristics of the chosen method of leading up to the competition. Competitive microcycles are a form of organizing competitive activity. They are based on the performance regime established by the official rules and regulations of the competition.

N.A. Khudadov (1968), V.I. Filimonov (1978) argue that in addition to the days occupied by the competitions themselves, microcycles should include a setup phase on the day preceding the competition, and a phase of sequential recoveryformation. Thus, the entire organization of the athlete's behavior in competitive microcycles is aimed at ensuring the maximum state of readiness at the time of the start, promoting recovery and super-recovery of performance during the competition, and guaranteeing the full realization of capabilities in the final starts.

Restorative microcycles are used much less frequently than microcycles of the main types when constructing training. Restorative microcycles are usually introduced after a series of intense actual training microcycles (especially "impact" microcycles, as well as after a series of important competitions).

Microcycles of this type are characterized by a weakly expressed cumulation phase and an extensive recovery phase. The total amount of loads, especially their intensity, decreases, the number of days of active rest increases, and contrasting changes in training conditions and composition of exercises are widely practiced. All this together is aimed at optimizing recovery processes. Such microcycles are also called "unloading".

Summarizing the above about the factors and conditions for constructing microcycles in the training process, we can conclude that they cannot have one single form that would be suitable for any specific cases. The structure of microcycles naturally changes depending on changes in the content of the training process and external circumstances influencing its construction. At the same time, it is important to point out that by making certain changes to the content and structure of microcycles (changing sets of exercises in classes, the number of main and additional classes, the order of their alternation, load and rest regime, etc.), the coach and athlete provide the necessary overall development trend of the training process.

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