

SPECIAL TRAINING IN EFFECTIVE TOOLS AND METHODS OF ANALYSIS OF RUNNING MIDDLE DISTANCES DOWNLOADS

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Abstract: this article describes the main features of the explorer in medium light load training distance runners by the use of the more complex one with a load on the exchange, and at the same time a number of researchers have found that are not only more useful but also in larger size in the load 16 microcycles. It has been shown that the manifestations of the effects associated with the cumulative effects should be studied that occur after the general.

Keywords: training, loading, intensity, pharmacology, physiotherapy, microcycles, cycles, volume, intensity, weekly microcycle, physiology, biochemistry, fatigue, and recovery.

Access: Physical education and sports of the theory of science mashg'ulot cycle efficiency increase either'arms to find who go towards ko'proq attention attracted has. This is either'to arms the following add , you can: mashg'ulot downloads of volume and intensity increase, farmokologiya and physiotherapy tools his ko'rinib be, to'g'settings catering, live the style and a similar o'xshab wide use. Above the listed o'built in the us factor, deny not , in case, various structure in the unit "technology"see, this is including, weekly mikrotsikllarni (from yt) forming o'z into taking mashg'ulot cycle of quality improve to focus more ko'proq reserves the focus should be. Mashg'ulot the "block" system on the basis of planning good results to achieve and this with along the fatigue and recovery of a cycle from the midst of the necessary toe'present interaction corresponding to the units'daqiqalash for athletes of the body, the opportunities further to'liqroq use the opportunity to gives.

Middle distance runners use of downloads itself to the specific of the main features in more light workouts of downloads murakkabro'i with exchange seen in without is. But a number of researchers downloads only in large not, but their mikrotsikllarda much more useful for the exchange and general kumulyativ effects after which the contours with the associated one of"the secret learn that they show.

Leading scientists of the training cycle and his some of the structure of the unit at the conclusion of the problem with many years for interest to come emerge. But present at the time in practice that the downloads in the size and intensity has increased in the fact that because of raised many questions, mostly, from the experience and come out handled being. In particular, this training cycle is the most important structure of the unit 17 weekly mikrotsiklga is appropriate. Mikrotsikllar on the basis of the training planning good results to achieve and this with a time of fatigue and recovery of a cycle between the ratio tadaqiqalash for athletes in the body of opportunities more fuller use of the opportunity it gives.

Literature analysis: Lessons mikrotsikllarida different direction exercise is. Of them every one of the athletes on the body certain a effect and shows. This is the reason for mikrotsiklni so the conclusion needless to it, training it , or this stage corresponding to that which has all the main downloads of

useful service, the opportunity may give. Mikrotsikllarni compilation in many issues solving on the basis of muscle activity with associated that are fatigue and recovery of a cycle on ta'daqlaot lies.

Muscular activity of physiology and biochemistry on surveys through physical downloads next recovery cycle phase is indicated. Recovery during the period to come out, which is different from a system of constructive changes are resistant to the increase based on is. This is because of the work from the period of the next period, two - period, to distinguish it should:

1) this phase of muscle work in the effects of the variables of physical and vegetative functions (various recovery period) is, in his on the basis of the body homeostasis of restoration is.

2) Constructive phase (recovery of much of the postponed period) in a cycle in consecutive, which are the reactions of the sum due to the body's organs and tissues in functional and structures reconstruction and the formation of come out. Usually same the time, energy potential of very large kompleksatsiyani and the environment and the spiritual cycle of the various parameters in the phase of is observed. Much of the recovery was postponed during the period of the organism to the environment, the state of a legitimate change to the corresponding in training of downloads and exercise, exchange for the good of the nation may stand that the condition changes management stand to zadaqla creates.

As it is known, the physical work the next recovery cycle isotherm the form of take, that is a very big kompleksatsiyasi a time at take place will be. This 18 here the question arises, which the renewable function looking working keep. This is 6-7 days a times for many the big lesson downloads having to exercise to apply the expressed, it sports practice with into contradiction occurs. You may be able to Rhodes, N. V., N. I. Volkov and physical exercise features and them applying the methods, downloads of various sizes and dimensions of a core having who is general, kumulyativ to the effects related that some of the downloads from come out of the effects studies of the wide prospects that determine the work this situation out to go the way we find. Note it is noteworthy, that the author of that have been different in the direction of downloads metabolism of rational organization to the issue of the approach to the present day, the news is not. Her follow-up the importance of previously p. 1. Matveyev by detected. His hisoblashicha, exercises and rest to get a range of structure on tambayan classrooms in the application to exercise compared, recovery or high working ability when you get to go to you need. That is in addition to, Matveev I. p. shows, a lesson when finished, it then recovery on a cycle completion until, the body, is still sufficiently high level of work ability at having the other in the direction of the downloads training conduct can. But these and other similar thoughts theoretical analysis and sports practice some damage to data adapted, the middle distances in running sessions of itself that is specific into account taking without experience learn is in need.

Medium distances for runners of different direction lessons from next recovery of the reaction research you do, all the studied indicators on full recovery speed, the direction of workouts after 6-8 hours later, the general and the special structure improving aimed at the exercises after a while, some a cases recovery reached borolmasligi, others high level recovery noted, have.

Thus, sessions (to'rgan in place for 15 s. running the test on work ability and the special structure that develops exercises after power to the fall speed of the coefficient of from apart) it's own originality understand serious differences I found. Series three daily sessions from 19 song all, mainly vegetative system of the activities of the determining character indicators of the deterioration noted was. That come out, the authors of the three - day mashg'lotdan after three days rest to get, you should about the conclusions were made. This research results the positive side, that is, to the authors by the different direction of training on the body the effects of research and, in a series of two or three sessions, effects of the summary of detected. But indicators also to restore the go ko'rsatavermaganligi, to factor in that no one pay attention didn't, it's basically some of the vegetative system, the activity of a character indicator is.

Conclusion. Policy into account taking, training cycle, different structure of the unit, in particular, 18-21 , at the age of short distance runners in the yt - stage micro and mezotsikllarni the organization, the issues to work out on important theoretical and practical significance it has. Today's day in the training cycle of the scientific aspects of customizing the necessity of birth see, this training cycle of different structure units of the content and principles, the including micro and mezotsikllarni detection with associated. Thus, the cycle, customizing it when you say it, we have it in concluding move to most many growth taxdaqiqalovchi the option to choose , we understand. A time at the convenient option to choose the athlete in the preparation of resolved that there will be issues and from qonuniyat come out, the cycle of content, determine , and this is the content of time to spread out with paired is, thus, issues and qonuniyat the athletes in the sport of skill achievement tasdaqiqalaydi. Different , I say, training a cycle customizing – this training program so the conclusion needless to, this is its content regulating bring on the condition that it is put. This research middle distance runners a severe lesson downloads do certain charge after functional condition and muscle work ability index recovery care dependence indicated.

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