

DYNAMICS OF FORMATION OF PHYSICAL DEVELOPMENT AND PHYSICAL TRAINING OF LONG DISTANCE RUNNERS

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ABSTRACT

This article summarizes the results of studying the dynamics of forming the physical development and level of advancement of long-distance runners in a profound specialization phase.

Keywords: Long-distance runners, annual training, deep-seated phase, physical development, preparation level.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Today, the attention paid by the head of our state to physical culture and sports is a sign of the state policy level. In particular, the President of the Republic of Uzbekistan Mirziyoev PF2821 "On preparation of athletes of Uzbekistan to the XXXII Olympic Games and the Games of Paralympic in 2020 in Tokyo (Japan) 2020", March 5, 2018 "Improvement of the system of public administration in the field of physical training and sports", in the Decree of the President of the Republic of Uzbekistan № UP-5368 "On Measures for the Promotion of Successful Athletes", they are directed to the targeted types of sports, preparation of highly qualified sportsmen, competitions in prestigious competitions such as providing irresponsible education.

Effective actions are being taken in place to enforce these decrees. However, the problem of training athletes with a competitive range of highly qualified international category of athletics is not solved. In this regard, many studies are underway to improve the learning process.

However, when we look at and analyze sports results, long distance runners' sports results are 13: 40.00 in the world at the distance of 5,000 m in the international tournaments, and our men are 15: 20,00 in this championship. This is followed by the results of the sports arenas in 140 seconds, on average 2: 20.0. Therefore, based on the results analysis, we have found that it is expedient to organize long-distance runners training through new innovative tools. This issue is one of the most pressing issues for the time being [2, 56 p.].

Purpose of the work: Raising the sporting results through long-distance runners planning a new innovative way of training.

For the purpose of the research, the following tasks were put into practice:

- Study, analyze and summarize long-distance runners annual training sessions and sports results.
- Deep specialized stage of detecting the level of physical development of long-distance runners.
- Deep specialized stage to determine the level of physical fitness of the runners in long distances.

We have conducted pedagogical experiments along with analysis of special literature, normative documents, sports results to solve the tasks set before us. We have focused on the

long-distance runners' physical development and training experience. According to him, the long-distance runners' physical development rate is shown in 1-2 tables [3, 48 p.].

Table 1: The experimental group tested the method of physical development

№	Name	height (cm)	Weight (kg)	Foot Length (cm)	Dynamics of manual force		The width of the chest		
					Left hand (kg)	Right hand (kg)	Quiet location	n /	n / ch
1	Qambarov X.	177	59	92	28	32	80	88	79
2	Muqumjonov O.	172	58	93	24	30	85	89	85
3	Otaqulov V.	171	56	96	20	24	87	91	88
4	Agzamov K.	171	59	93	24	47	92	97	88
5	Maxmudov B.	172	58	91	36	37	94	99	89
6	Qodirov S.	175	61	93	34	33	93	99	88
7	Saliev K.	177	62	94	30	37	96	101	91
8	Rakhmonov M.	173	58	92	32	34	94	99	89
9	Faxriddinov U.	170	66	95	30	44	96	101	82
10	Qosimov S.	177	64	100	30	46	94	102	89
11	Jo'raev F.	176	68	96	34	44	97	101	93
12	Mullajonov J.	177	61	94	37	44	96	97	91
	Average value	174,00	60,83	94,08	29,92	37,67	92,00	97,00	87,67
	bend±	2,76	3,61	2,43	5,20	7,33	5,26	4,92	3,94

Table 2: The level of physical development of the control group tested.

№	Name	height (cm)	Weight (kg)	Foot Length (cm)	Dynamics of manual force		The width of the chest		
					Left hand (kg)	Right hand (kg)	Quiet location	n /	n / ch
1	Ma'rufaliev M.	170	65	93	40	40	94	101	92
2	Nabijonov E.	178	62	96	40	30	98	100	96
3	Umarov D.	166	50	90	25	29	86	91	75
4	Voxidov Sh.	178	57	92	33	35	85	91	83

5	Mamatkulov F.	180	65	97	32	41	92	98	90
6	Mamatkulov J.	158	42	83	34	36	74	80	73
7	Toxirov T.	171	54	93	32	34	94	97	92
8	Baxtiyorjonov F.	173	54	92	30	38	96	98	89
9	Muxammadjonov F.	170	60	91	39	35	89	98	87
10	Sultonov A.	177	61	97	37	44	94	99	89
11	Komilov V.	173	58	93	33	49	93	98	88
12	Dadajonov M.	177	60	98	31	32	97	101	91
	Average value	172,58	57,33	92,92	33,83	36,92	91,00	96,00	87,08
	bend \pm	6,22	6,60	4,06	4,49	5,84	6,71	6,02	6,88

The length of the experimental group test was 174 ± 2.76 cm long, with a length of 172.58 ± 6.22 cm in the experimental and test group testers' physical development level. It was observed that this data was 6 cm farther than the data provided by O.Pavlova. Weight gain was 60.83 ± 3.61 in the experimental group and 57.33 ± 6.60 kg in the control group [1,32 p.].

If we compare these results with O.Pavlova's data, there is almost no difference in weight. In the experimental test group, the length of the leg length was $94,08\pm 2,43$ cm, while the control group was $92,92\pm 4,06$. Compared to O.Pavlova, it was found that we were 8 cm in length. The left arm was $29,92\pm 5,20$ kg in the experimental group. The right arm was $37,67\pm 5,20$ kg. In the control group, the left arm was 33.83 ± 4.49 kg and the right arm was 36.92 ± 5.84 kg.

O.Pavlova's testimony is based on the same results as our athletes. In the experimental group, the study found that the chest cage width was $92,00\pm 5,26$ cm, while the breath level was $97,00\pm 4,92$. Breathing was found to be 87.67 ± 3.94 cm.

In the control group, the width of the chest cage was in the range of 91.00 ± 6.71 . Breathing was found to be 96.00 ± 6.02 . Breathing was expressed as $87,08\pm 6,88$. When compared with the results of a survey conducted on breast cage width circle with other scientists (M.Olimov, O.Pavlova, etc.), there was a difference in our athletes at 2 ± 3 cm. Of course, this indicator is directly related to the increase in the number of runners in the sport. Therefore, long-distance runners can be used once a week for a long-term swimming exercise, allowing them to develop the chest cage, ie the respiratory tract. We have used the following pedagogical tests as a research assignment in our experience of determining the physical fitness of long-distance runners.

Determine the fastest power by running 100 meters.

- Determine fast power resistance at 400 m distance.
- Determine the level of rapid development at 1000 m distance.
- Find out at a distance of 5000 m.
- Using the following tests to examine the explosive power of the foot and determine the elasticity capability.
- Long jump from place to place.
- Do not jump from three places.
- Do not jump ten feet.
- Running feet from leg to feet at 100 m was taken.

We used 3 kg filler ball tests to detect the explosive power of the hand:

In the pedagogical experience, experimental group testers performed an average of 13.22 ± 0.84 sec. was equal. In the control group, this indicator was equal to 13.22 ± 0.41 sec.

The experimental group tested a run of 400m for fast strength at 61.41 ± 2.21 sec for a control group with a value of 60.76 ± 2.71 sec. In the 1,000m-long run test, Rapid Resistance Testers reported an average of $212,10 \pm 11,01$ sec. The control group showed a $192,90 \pm 8,60$ sec.

Test specimen testers achieved 1243.65 ± 82.27 sec in the run-up to the 5000 m range. The control group testers recorded an average of $1197,31 \pm 40,95$ sec in this run. In the fast-paced detection test, test runners jumped 225.92 ± 10.66 cm, while the control group testers recorded a 220.67 ± 9.16 cm test in that jump test.

In the three-point jump test, the experimental group testers recorded an average of $6.32.667 \pm 30.09$ cm. It was observed that the control group had an average of 615.50 ± 46.11 in the control group. In the ten jumps, the experimental group recorded an average of 20.16 ± 1.33 cm. The control group recorded 21.83 ± 1.92 cm in this parameter. The experimental group reported that it was 48 times the test run foot test for a 100 m distance. It was found to be 47.42 ± 1.00 times higher in the control group.

The experimental group testers were given 9.53 ± 0.43 in the control group, whereas 3kg of exploded ball bumps were tested in the test scores of 9.4 ± 0.75 cm.

There was no significant difference in the results of the above-mentioned research results between experimental and control group investigators. However, there is a significant difference between the results of leading experts O.Pavlova and other scientists, which means that our athletes show low level of results. The results are presented in the following 3-4 tables.

Table 3: The level of physical fitness prepared by experimental group testers

№	Name	100 m, running	400 m, running	1000 m, running	5000 m, running	Long jump from where you are.	Jump from here to the ground	Jump on the ground	Jump from foot to foot at 100 m	Throw 3 kg filling balls
1	Qambarov X.	14,08	63,15	240,6	1273,8	200	574	18,80	49	8,16
2	Muqumjonov O.	13,36	64,20	225,3	1471,7	217	634	20,50	48	8,27
3	Otaqulov V.	13,04	64,10	209,0	1214,7	228	678	17,91	48	9,31
4	Agzamov K.	12,84	61,20	211,2	1210,0	234	636	18,39	46	9,27
5	Maxmudov B.	12,78	60,20	209,1	1169,2	244	599	20,06	48	9,33
6	Qodirov S.	13,01	59,80	213,2	1167,3	230	677	19,37	49	9,44
7	Saliev K.	14,21	58,65	212,1	1256,1	220	618	21,30	48	10,31
8	Rakhmonov M.	14,30	60,35	206,8	1307,3	229	645	21,75	49	8,90
9	Faxriddinov U.	13,96	58,30	201,3	1228,0	228	652	22,05	48	9,26
10	Qosimov S.	13,01	59,70	204,0	1204,0	231	644	20,77	49	10,71

11	Jo'raev F,	11,29	64,10	211,2	1214,0	227	614	19,96	48	10,03
12	Mullajonov J	12,76	63,20	201,4	1207,7	223	621	21,00	46	9,79
	Average value	13,22	61,41	212,10	1243,65	225,92	632,67	20,16	48,00	9,40
	bend±	0,84	2,21	11,01	82,27	10,66	30,09	1,33	1,04	0,75

Table 4: The level of fitness training before the control group test

№	Name	100 m, running	400 m, running	1000 m, running	5000 m, running	Long jump from where you are.	Jump from here to the ground	Jump on the ground	Jump from foot to foot at 100 m	Throw 3 kg filling balls
1	Ma'rufaliev M.	13,02	59,01	200,7	1192,0	220	570	24,50	48	9,24
2	Nabijonov E.	13,40	58,04	195,0	1200,0	219	610	23,30	49	9,84
3	Umarov D.	13,00	59,03	196,0	1261,1	196	615	21,50	46	9,80
4	Voxidov Sh.	13,67	59,05	180,0	1212,4	221	615	21,30	48	8,90
5	Mamatkulov F.	12,30	58,00	180,0	1218,0	231	740	26,00	46	9,14
6	Mamatkulov J.	13,80	58,05	188,0	1264,7	218	560	21,00	47	10,24
7	Toxirov T.	13,50	65,00	187,0	1144,2	219	630	21,60	48	9,54
8	Baxtiyorjonov F.	13,55	63,00	190,0	1204,7	231	580	22,00	48	9,38
9	Muxammadjonov F.	13,12	65,00	189,0	1145,0	217	645	20,80	48	9,87
10	Sultonov A.	13,20	59,70	201,0	1181,0	223	601	19,77	46	8,96
11	Komilov V.	12,85	63,20	206,1	1204,0	226	617	20,86	47	10,03
12	Dadajonov M.	13,01	62,00	202,0	1140,6	227	603	19,27	48	9,38
	Average value	13,20	60,76	192,90	1197,31	220,67	615,50	21,83	47,42	9,53
	bend±	0,41	2,71	8,60	40,95	9,16	46,11	1,92	1,00	0,43

It also helps to clarify the methods used.

CONCLUSIONS

The results of the research conducted allowed to record the following conclusions.

- The experimental results of the experimental and control group demonstrated that the experimental and control group testers were not significantly different. However, according to other sources,

- Physical development revealed that the width of the chest cage was lagged behind in the circumference and length of the neck.

A study on physical fitness revealed that there was no difference between experimental and supervisory teams, whereas, according to information provided by leading scientists, our athletes were behind.

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