

FUNCTIONAL TRAINING LEVEL OF RUNNERS STUDENT-ATHLETES SPRINTERS

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ABSTRACT

This article describes the results of research on functional readiness of short-distance student-athletes. The article also focuses on the optimal planning of workloads based on the formation of functional levels of student-athletes using tests of functional indicators.

Keywords. Training, student-athletes, runners, the physical development, working capacity, the loading, physiological training, sprinters.