THE INTRODUCTION OF MODELED TRAINING MEANS IN SPRINTER TRAINING SYSTEM

Osmonbekova Nurjamol¹, Yakubova Dono², Adambaev Jumanazar³ & Ruzmetov Furkat⁴

¹Senior Lecturer, Department of Theory and Methods of Physical Culture, Faculty of Physical Culture, Urgench State University, Urgench, Uzbekistan.

²Lecturer, Department of Theory and Methods of Physical Culture, Faculty of Physical Culture, Urgench State University, Urgench, Uzbekistan.

³Senior Lecturer, Department of Interfaculty Department of physical culture and sports, Faculty of Physical Culture, Urgench State University, Urgench, Uzbekistan.

⁴Teacher, Khorezm academic lyceum of the Ministry of Internal Affairs of the Republic of Uzbekistan, Urgench, Uzbekistan.

E-mail address: goodluck_0714@mail.ru

ABSTRACT

In clause is considered realizations of trainings sprinters in the simulated competitive conditions, the advantages and negative aspects of modeling training of means are characterized. The special accent is made on the doctrines sprinters to conditions of real competitions.

Keywords: Simulation, sprinter, micro cycle, mesocycle, competitive period.