

AN INDIVIDUAL APPROACH TO THE PERFORMANCE OF THE PLANNED COMPETITION RESULTS OF MIDDLE-DISTANCE RUNNERS

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ABSTRACT

This article describes in detail the structure of the performance of the planned results by middle-distance runners in the annual training phase, the structure of the intense microcycle during the pre-race training of middle-distance runners, the analysis of the results in competitions.

Keywords: Medium distance, individual, pre-race, modeling, neuropsychological.