

## 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.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

After the independence of our country, physical culture and sports, like all other spheres, are developing day by day and the results of sports are growing. In particular, the Decree of the President of the Republic of Uzbekistan dated January 24, 2020 PF-5924 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" or the Concept of development of physical culture and sports in the Republic of Uzbekistan until 2025. [1,2]

Athletes of our country have been defending the honor of our country at international competitions. This is definitely worth a look. In order to achieve self-control, athletes are required to regularly participate in various competitions, work hard on themselves, and constantly prepare to realize their potential. Scientists AV Alekseev and AV Rodionov should pay attention to the analysis of technical and tactical actions of the athlete and his opponents, to clearly distinguish between right and wrong actions, to consider new ways to improve technique and tactics, as well as psychological training. [4,6,7]. We know that without psychological training, high sports results can not be achieved, which plays an important role in sports training, expands the opportunities for effective participation of athletes in competitive activities, increases self-confidence, courage, bravery, patriotism. If we analyze the results of middle-distance runners in competitions today, we can see that they are slightly behind the results shown in international competitions. This includes the organization, planning, management of training of athletes on the basis of new technologies, as well as the improvement of the system of training athletes through an individual approach, which is one of the urgent tasks and has both theoretical and practical significance in the field.

**Objective:** To develop the results of the planned competitions of middle-distance runners through an individual approach.

#### Research tasks:

- To determine the planned results of the annual training of athletes running medium distances.
- To determine the practical implementation of the results of middle-distance running.
- Development of a training program for medium-distance runners based on an individual approach.

Pre-competition psychological preparation for prestigious competitions is the main preparation, which requires the development of all components. The pre-competition preparation period includes: obtaining information about the conditions of future competitions and the main competitors; identify the strengths and weaknesses of the athlete, on this basis to make additions to training plans, to have diagnostic information about the level of training of the athlete, his personality traits, information about the mental state at the current stage of training; on the basis of the received information to determine the program of activities for future competitions, the purpose of performances (together with the athlete); - Development of a detailed program of future competitions; organization of overcoming difficulties and unexpected obstacles in the conditions of modeling competitive activities, focusing on the development of the athlete's willpower, confidence and quick thinking; creation of conditions and use of methods that reduce excessive mental stress in the process of preparation of the athlete for competitions; is to support the right reasons of personal and social importance to participate in competitions in accordance with the established training program. Direct psychological preparation before and during the competition includes the creation of a psychological tendency and management of the mental state immediately before each start performance; psychological influence in the breaks between performances and the creation of conditions for neuropsychological recovery; psychological exposure components should be used during and after the next start.

We conducted a study on the accomplishment of the goal set by the athletes. The results obtained according to it are expressed in Table 1.

**The structure of performance of the planned results by middle-distance runners in the annual training phase**

| №   | Athletes Name           | Discharge |             | 400m  | 800m    | 1500m   |
|-----|-------------------------|-----------|-------------|-------|---------|---------|
| 1.  | Aziz Samadov            | SUN       | In plan     | 50.00 | 1:53.00 |         |
|     |                         |           | In practice | 51.80 | 1:52.14 |         |
| 2.  | Mirsaid Buxarov         | SUN       | In plan     |       | 1:55.00 | 3:59.00 |
|     |                         |           | In practice |       | 1:55.92 | 4:01.02 |
| 3.  | Jakhongir Rakhmatullaev | SUN       | In plan     |       | 1:55.00 | 4:04.00 |
|     |                         |           | In practice |       | 1:54.03 | 4:03.75 |
| 4.  | Avazbek Rakhmatov       | SUN       | In plan     |       | 1:53.90 |         |
|     |                         |           | In practice |       | 1:54.30 |         |
| 5.  | Kupaysin Khudoyorov     | 1         | In plan     |       | 1:58.00 | 4:04.00 |
|     |                         |           | In practice |       | 1:57.04 | 4:04.00 |
| 6.  | Khasan Mirsoatov        | 1         | In plan     |       | 1:57.00 | 4:05.00 |
|     |                         |           | In practice |       | 1:55.82 | 4:01.15 |
| 7.  | Mukhsinjon Abdulatifov  | 1         | In plan     |       | 1:58.00 | 4:08.00 |
|     |                         |           | In practice |       | 1:57.51 | 4:05.03 |
| 8.  | Fayzullo Pulatxo'jaev   | 1         | In plan     |       | 2:00.00 | 4:08.00 |
|     |                         |           | In practice |       | 1:59.87 | 4:06.18 |
| 9.  | Azim Abdullaev          | 1         | In plan     | 53.00 | 2:02.00 |         |
|     |                         |           | In practice | 52.69 | 2:01.35 |         |
| 10. | Xusnimardon Uskenov     | 1         | In plan     |       |         | 4:10.00 |
|     |                         |           | In practice |       |         | 4:08.10 |
| 11. | Sherzod Madiyarov       | 1         | In plan     |       |         | 4:08.00 |
|     |                         |           | In practice |       |         | 4:05.34 |
| 12. | Oybek Usmanov           | 2         | In plan     |       | 2:05.00 | 4:15.00 |
|     |                         |           | In practice |       | 2:04.93 | 4:12.03 |

Looking at the table above, one of the athletes, Aziz Samadov, was scheduled to run the 400m for 50.00 seconds, while the actual running time was 51.80 seconds, with a difference of 1.80 seconds behind schedule. At 800 m, he planned 1: 53.00 seconds, while the net run time was 1: 52.14 seconds. We can see the difference in 0.86 seconds. Of course, the specific reason for the better performance of the results in both distances than planned was the use of long-distance running 1-2 times a week, which led to an increase in the results of the athlete.

Mirsaid Bukharov planned the 800 m distance in 1: 55.00 seconds, while the actual time was 1: 55.92 seconds, and the difference was 0.92 seconds behind the set result. Similarly, he ran the 1,500m in 3: 59.00 seconds on the plan and the exact time was 4: 01.02 seconds, with a difference of 2.02 seconds.

Jahongir Rakhmatullaev planned to run the 800 m in 1: 55.00 seconds, but in practice his time was 1: 54.03 seconds. The difference improved by 0.97 seconds. While the 1500 m distance was envisaged in the 4: 04.00 second plan, the 4: 03.75 second showed the exact time in practice. The difference was 0.25 seconds.

Avazbek Rakhmatov showed a distance of 800 m in 1: 53.90 seconds, while the exact run time was 1: 54.03 seconds, the difference was 0.13 seconds.

Kupaysin Khudoyorov had a time of 1: 58.04 seconds, while the 800 m distance was planned in 1: 58.00 seconds. The difference was 0.96 seconds. The 1500m distance was planned at 4:04.00 seconds, but showed no difference in the actual time with the plan.

Hasan Mirsoatov recorded the exact time he ran the 800m with a time of 1: 57.00, 1:55.82 seconds, and the difference was 1.18 seconds. The 1500 m distance was scheduled for 4:05.00 seconds, while the actual time difference was 4: 01.15 seconds for 4.85 seconds. The media techniques aimed at developing specific endurance during his training had a positive effect on him.

Muxsinjon Abdulatifov showed a distance of 800m in 1: 58.00 seconds, the exact time was 1: 57.04 seconds and the difference was 0.96 seconds. The distance of 1500 m was planned for 4: 08.00 seconds, the distance covered was 4: 06.18 seconds. The difference improved by 1:82 seconds. He was trained many times in his diary in the method of repeated rest intervals and fartlek.

Fayzullo Pulatkhodjaev planned the 800m distance in 2: 00.00 seconds, while the actual time was 1: 59.87 seconds. The difference was 0.13 seconds. The 1500 m distance was planned in 4: 08.00 seconds, while the result was 4: 06.18 seconds, improving the difference by 1.82 seconds.

Azim Abdullaev covered the distance of 400 m in 53.00 seconds, 52.69 seconds in real time and the difference was 0.31 seconds. The 800 m distance was planned in 2: 02.00 seconds, while the result was 2: 01.35 seconds.

Husnimardon Uskenov scheduled the 1500 m distance in 4: 10.00 seconds, showing the exact time of 4: 08.10 seconds.

Sherzod Madiyarov showed a distance of 1500 m in 4: 08.00 seconds, while the exact time was 4: 05.34 seconds. The difference was 2:66 seconds.

Oybek Usmanov ran the 800m in 2: 05.00 seconds and 2: 04.93 seconds. The difference was 0.7 seconds. The 1500m distance was planned in 4: 15.00 seconds and in practice showed 4: 12.03 seconds and the difference was 2.97 seconds.

We can see that the fact that the above 4 athletes used repetitive rest and fartlek techniques in training many times during training has led them to improve their sports results.

### The structure of the intense microcycle during the pre-race training of medium-distance runners

| Day | Training structure                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | <p>Light running 3-4 km, general developmental exercises - 15 minutes.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Speed running - 5 x 100 m.</li> </ul> <p>Running from the start (from the top start) - 5 x 50 m.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Distance running 300-600 m total volume 5-2.5 km; speed - 90-95%; rest 3-6 minutes after each slice.</li> <li><input type="checkbox"/> Different jumping exercises.</li> </ul> |
| 2   | <ul style="list-style-type: none"> <li>▪ <input type="checkbox"/> Fartlek running 3000m, YQS 160-170 zar / min.</li> <li>▪ <input type="checkbox"/> General developmental exercises with a partner - 20 minutes.</li> </ul>                                                                                                                                                                                                                                                                    |
| 3   | <ul style="list-style-type: none"> <li>▪ <input type="checkbox"/> Light running - 3-4 km.</li> <li>▪ <input type="checkbox"/> Speed running - 5 x 100 m.</li> <li>▪ <input type="checkbox"/> Running from high start - 5 x 30 m,</li> <li>▪ <input type="checkbox"/> Distance running 6x150 / 200m, 4x200 / 200m, speed 85-90%; The rest of each piece of 1.5–2 km in size 1.5–3 min.</li> <li>▪ <input type="checkbox"/> Final exercises - 2 km.</li> </ul>                                   |
| 4   | <ul style="list-style-type: none"> <li>▪ <input type="checkbox"/> Cross-country running - 10-15 km, 140-150 dice / min.</li> <li>▪ <input type="checkbox"/> URM - 20 minutes, 4x100m,</li> <li>▪ <input type="checkbox"/> Light running - 6-8 km, UPS 140-150 zar / min.</li> <li>▪ <input type="checkbox"/> General developmental exercises - 20 minutes.</li> </ul>                                                                                                                          |
| 5   | <ul style="list-style-type: none"> <li>▪ <input type="checkbox"/> Light running - 3-4 km.</li> <li>▪ <input type="checkbox"/> Speed running 5 x 100 m, 6x1000m - 4: 00.0 - 4: 10.0 min. 400m repeated rest interval</li> <li>▪ <input type="checkbox"/> Variable running 800-1000 m split running: 50 m sprint + 50 m sprint; rest 6-8 minutes; size - 2-2.5 km.</li> <li>▪ <input type="checkbox"/> Final run - 2 km.</li> </ul>                                                              |
| 6   | <ul style="list-style-type: none"> <li>▪ <input type="checkbox"/> Fartlek running - 8-10 km, similar to the UPS and 2 day workout.</li> </ul>                                                                                                                                                                                                                                                                                                                                                  |
| 7   | <ul style="list-style-type: none"> <li>▪ <input type="checkbox"/> Rest. Sauna, bath, cultural recreation</li> </ul>                                                                                                                                                                                                                                                                                                                                                                            |

This is how the loads were distributed during the first week of pre-tournament training. In the following weeks, the training volumes were reduced and intensified. While the workload in the pre-race week is higher than in other weeks, the decrease in the volume and intensity of the remaining 2-3-4 pre-race microcycles have a positive effect on their preparation for the competition.

### CONCLUSION

- It is advisable to use the means used by athletes running medium distances in the pre-competition training, depending on their level of physical fitness.

- Repeated resting of willpower qualities in pre-race training of medium-distance runners, application of motor techniques in the course of training, which develops a rhythmic and fast running, allows them to show themselves in competitions.
- Application of distance running control exercises in pre-race training of medium-distance runners.

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