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THE EFFECTIVENESS OF IMPROVING THE LEVEL OF TECHNICAL AND TACTICAL TRAINING OF MIDDLE AND LONG-DISTANCE RUNNERS

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Annotation: In this work, scientific research was conducted on the effectiveness of technical and tactical indicators of middle and long-distance runners in terms of sports results. In this work, scientific research was conducted on the effectiveness of technical and tactical indicators of middle and long-distance runners in terms of sports results.
Key words: physical training, sports stages, strength endurance, training efficiency.

INTRODUCTION

Advanced pedagogical experience accumulated in sports practice shows that the effectiveness of competitive activities at the stages of the athlete training system directly depends on the planning and correct organization of training sessions.

However, the presence of sufficient errors and shortcomings in the current system of athlete training inevitably affects the improvement of sports results. This is determined by the existence of an objective contradiction between the imperfection of existing traditional methods of preparing sports reserves using complexes of means and methods in athlete training, and the need for regular improvement of training management effectiveness at different stages of the long-term training process. These indicated errors and shortcomings subsequently lead to the unsuccessful participation of athletes from the national team of the country in international sports competitions.

METHODS AND LITERATURE ANALYSIS

The level of technical preparedness of runners is determined by the effectiveness and efficiency of their movements. Based on the analysis of running technique, a two-step cycle or stride is adopted as the unit of movement. Each cycle consists of two support periods (using the left and right foot) and two flight phases.

During running, as a result of the interaction between internal and external forces (external forces include air resistance, gravity, and ground reaction force), the runner's body constantly experiences vertical and horizontal oscillations. Additionally, one of the runner's tasks is to maintain linear movement, which requires avoiding excessive lateral and horizontal body oscillations.

Good running technique can be described as running where all movements are efficient, smooth, and calm, with forward propulsion along a straight line without any abrupt, intense exertions. This is achieved by running with knees significantly bent. The foot is pressed against the base of the toes, and then the entire foot and toes are lowered together. The feet are placed as straight as possible, without outward rotation, which can significantly reduce lateral oscillations. For effective forward movement, it is crucial to fully extend the leg across all joints during the push-off phase, followed by a relaxed forward-upward swing of the leg. The thigh is raised to the maximum height appropriate for this type of running. The longer the running distance, the lower the thigh lift should be. The calf muscles should remain relaxed.

During running, the arms are bent at approximately a right angle at the elbow joint, which may vary during the run. In middle and long-distance running, the main function of the arms is to maintain the body's stability.

Step length and frequency are noted as important components of running technique. The ratio between them should be optimal to ensure a natural and rhythmic run. Practical results show that the average step length for elite runners in the 800-meter event is 2.00-2.10 m, while in the 1500-meter event it is 1.90-2.00 m.

When starting in individual lanes, some runners use a crouching start, while in all other middle-distance events, a standing start is used. After the start, acceleration usually occurs over the first 30-40 meters, during which the athlete's movements resemble those of a sprinter. When running around curves, athletes lean their torso slightly forward, turn the front part of the right foot more inward, and move the right elbow away from the body.

In middle and long-distance running, breathing is performed through both the nose and mouth. The breathing rhythm is synchronized with the running rhythm. When the body's demand for oxygen increases, it becomes necessary to accelerate the breathing rate.

RESULTS

Currently, it is observed that in competitions of any scale, many runners of approximately equal strength participate. In such situations, victory is typically achieved by the athlete who has better tactical preparation and can make calculated decisions during the race. In preparing for competitions, a runner must consider the main characteristics and patterns of running the chosen distance. Secondly, they need to account for their own strength and capabilities, level of training, specific running qualities, and psychological readiness. Thirdly, it is crucial to consider the unique characteristics and practical abilities of their opponents. Fourthly, various external factors must be taken into consideration during the run.

ANALYSIS AND DISCUSSIONS.

Secondly, it is necessary to consider one's own strength and capabilities, level of training, special running qualities, and psychological preparedness. Thirdly, it is important to consider the specific characteristics and practical capabilities of one's opponents. Fourthly, it is necessary to consider various external factors during the run.

The tactical tasks that runners set for themselves during training and competition can be quite diverse. For example, running several laps at a predetermined speed or covering specific distance segments; starting the run quickly and securing the right position within the group of opponents; overtaking opponents in various situations, changing the running rhythm; covering the second 400-meter distance faster and first, and so on. The time allocation in the 800-meter run is considered relatively straightforward. Typically, runners complete the second 400 meters 3-4 seconds slower than the first. For instance, if we consider a result of 2:02.0, the first 400-meter distance would be covered in 59.0 seconds, and the second 400-meter distance in 63.0 seconds. For a result of 1:56.0, these values would be 56.4 and 59.6 seconds respectively, and so forth. However, this time distribution should not be treated as an inflexible rule.

The tactical tasks that runners set for themselves during training and competition can be very diverse. For example, running several circles at a predetermined speed or passing certain distance cross-sections; quickly starting the run and taking the right place in the group of opponents; overtaking opponents in various situations, changing the running rhythm; faster and first to cover the second 400-meter distance, etc.

How time is allocated in the 800-meter run is of course considered relatively simple. In turn, runners run the second 400 meters with a 3-4 seconds worse result than the first. In this form, if you take into account the result of 2.02, then the first 400-meter distance is covered in 59.0 seconds, and the second 400-meter distance is covered in 63.0 seconds. Taking into account the result of 1.56.0, it is noted that these values are 56.4 and 59.6 respectively, and so on. However, the time distribution in this form cannot be transformed into an obsolete rule.

Table 1

Estimated time distribution for the 1500m run in the range of 3.55.0 - 4.10.0

1500 metr	First 400 meter	400 meters Second	400 meters Third	300 meters

	distance			
3.55,0	61,0	62,5	64,0	47,5
3.57,0	61,5	63,0	64,5	48,0
3.59,0	62,0	62,0	65,0	48,5
4.00,0	62,5	62,5	65,0	48,5
4.02,0	63,0	64,5	65,5	49,0
4.04,0	63,5	65,0	66,0	49,0
4.06,0	64,0	65,5	67,0	49,5
4.08,0	64,5	66,0	67,5	50,0
4.10,0	65,0	66,5	68,0	50,5

In special situations, i.e., depending on complicating situations and the runner's level of preparedness, other running options can be used.

Table 2

Unified Sports Classification of the Republic of Uzbekistan in Athletics

Distances	**Sports Rank**		
	I Rank	**II Rank**	**III Rank**
100m	11.2	11.7	12.5
200m	23.0	24.2	26.0
400m	52.0	56.0	1:00.0
600m	1:27.5	1:33.5	1:40.5
800m	2:01.0	2:10.0	2:20.0
1000m	2:39.0	2:52.0	3:08.0
1500m	4:11.0	4:25.0	4:50.0
3000m	9:05.0	9:45.0	10:30.0
5000m	15:40.0	16:45.0	18:00.0
10000m	32:50.0	36:10.0	40:10.0

As can be seen from the table, athletes who have met the requirements of the standard given in the Unified Sports Classification of the Republic of Uzbekistan can meet the standards of the Master of International Sports, Candidate for Master of Sports.

CONCLUSIONS

Special endurance is the leading indicator in middle-and long-distance running, and running at different speeds and times is the main means of its development. The preparatory period is characterized by a unique wave, each wave of which is characterized by a new level of athlete's state of vibration. Achieving a new level of athlete condition requires new approaches to organizing the training process. In other words, in the long-term training of a qualified track and field athlete, it is necessary to permanently adjust the methods of restoring workability in the sport of training loads.

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