

**SYSTEM OF PRE-COMPETITION TECHNICAL-TACTICAL TRAINING OF LONG-DISTANCE RUNNERS**

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**Abstract:** The article examines the issues of forming the state of mental readiness of an athlete for upcoming competitions and the means of assessing this state.

**Keywords:** preparedness, psychological readiness, formation of proprioceptive representations, psychomotor skills.

**INTRODUCTION**

The relevance of the chosen topic can be formulated in one sentence - it is the ability of an athlete to realize his newly acquired capabilities. Success in competitive activity is not always associated with personal records, victory, and our desires do not always coincide with the success of the performance, rather the result of the performance is of an emotional and personal nature. Rather, the sports result of an athlete is associated not only with the versatility of the preparatory process, but to a greater extent with his mental state. It seems to us that the line between the concepts of preparedness and readiness is most clearly drawn in the work of Kiseleva Yu. Ya. [1]. By preparedness the author understands "... the level of development of the functional systems of the body, regulatory functions of the nervous system and psyche, physical and motor qualities that ensure specific motor sports activity", and by readiness for competitions - "... the state of an athlete in a period precisely measured on a time scale, contributing to or hindering the full manifestation of his preparedness, i.e. the implementation of all possibilities in the upcoming specific competition" [2].

**MATERIALS AND METHODS**

The following plan outlines the weekly structure during the final three weeks before a competition:

Week	Focus	Training Activities
Week 3 (21-15 days prior)	Tactical Adjustments & High-Intensity Workouts	Simulated races, interval sessions, competitor strategy reviews
Week 2 (14-8 days prior)	Refinement & Confidence Building	Tempo runs, terrain-specific drills, mental rehearsal
Week 1 (7-1 days prior)	Tapering & Recovery	Easy runs, dynamic stretching, visualization sessions

The pre-competition phase is the bridge between preparation and performance. A well-structured system of technical-tactical training equips long-distance runners with the skills and confidence needed to excel in competition. By focusing on individual weaknesses, simulating race conditions, and emphasizing recovery, athletes can achieve their peak performance on race day.

It seems to us that the level of mental readiness for competitive activity can be presented in a generalized form, where two signs of training activity interact, preparedness and the state of mental readiness. In the everyday life of athletes, situations shown in the figure - positions 2 and 3 - are quite common. Zone 2 - includes athletes who are not prepared, but sometimes perform successfully, i.e. can be considered as an accident of success. Zone 3 - includes athletes who are functionally, technically and physically prepared, but they do not always manage to realize their capabilities, i.e. there is no stability in their performance in competitions. The first zone includes athletes who are not prepared and are not confident in their success. Zone 1 includes athletes who

perform consistently and successfully. Training activity always has a specific regulatory nature in terms of time, intensity and intermediate assessment of those performing motor actions. Consequently, in such a pedagogical process it is possible to identify parameters that can be corrected and controlled, which allows us to determine the proprioceptive characteristics characteristic of runners (sense of time, pace, etc.).

## **RESULTS AND DISCUSSION**

Analysis of the running dynamics over the distance suggests that personal achievements of athletes and leaders are associated with the ability to correctly distribute their strength over the distance. The spread of running speed over the segments of the distance is up to 5%. However, the very nature of overcoming the distance can reflect the athlete's condition. A fast or slow start indicates the emotional state of the runner, and a drop in running speed at the finish reflects the functional fitness and stability of the running technique. The results of the pilot study showed that along with functional, physical and technical training, it is necessary to take into account, in our opinion, the proprioceptive signs characteristic of runners. These signs were included in the questionnaire for interviewing coaches. The experts were 11 leading coaches who named the most significant, in their opinion, indicators of self-regulation of motor activity of highly qualified athletes when preparing them for competitions. The greatest importance in the competitive stage is acquired by a quick reaction to a sound signal (47.1%), as well as a quick and accurate reaction to the opponent's movement (46.1%). Considering the remaining features, it should be noted that in terms of importance they are distributed at the stages of preparation almost evenly, or with a slight increase. In this regard, it becomes necessary to consider not only the relationship and weight of the studied features within each of the periods of preparation, but also the choice of means and methods for their formation.

The data presented indicate that from stage to stage the need to develop the athlete's proprioceptive sensations increases, taking into account his sports specialization. The level of development and manifestation of self-regulation of the athlete's motor activity can be determined by the parameters of changes in psychomotor functions: intensity, accuracy, stability and activity. Differentiation of psychomotor functions reflects the quality of self-regulation. The results of assessing the state of self-regulation for runners of different specializations and training will be of an individual nature.

## **CONCLUSION**

Thus, an objective assessment of the state of self-regulation of an athlete by the parameters of space, time and effort allows for timely correction of the athlete's training process, thereby strengthening his subjective assessment of readiness.

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