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CHARACTERISTICS OF THE METHODOLOGY OF ATHLETICS WITH WOMEN

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Abstract
This article talks about athletic training with women and specific physiological changes in the female body. Also, the results of the influence of the menstrual cycle on the training processes in the female organism and the correct application of the training load in this process, as well as the physiological differences between the female and male organism are presented.

Key words
training, intensity, menstrual cycle, planning.

Long-term training of women athletes, like men, includes learning sports techniques and tactics, general and special physical training, training of moral and willful qualities, and theoretical training. This process of training is carried out on the basis of the above-mentioned general principles, tasks, tools and methods. So, the system of women's training in athletics is similar to the structure of the men's training system. But its composition, planning, intensity (intensity), size have some differences determined by the biological characteristics of the female body.

It is known that the average index of physical development and functional capabilities of women is lower than that of men. For example, they are shorter and lighter in weight, have a longer body, and shorter limbs. Women's hips are wider than men's, and their shoulders are smaller. The iliac bones of the female pelvis are quite wide. Because of this, their hip joints are far apart.

Women's muscles are less developed than men's and usually make up 35% of body weight (40-45% in men). Women have more adipose tissue than men (according to Letunov and Motilyanskaya, 28% in women, 18% in men), so they have an unfavorable ratio between body weight and muscles. At the same time, as a result of systematic training, the mentioned indicators of physical development of women can be significantly improved. The strongest female athletes (compared to the average of non-athletic men) achieve much higher levels of absolute strength. And in relative strength, they are not far behind the record-breaking men. Sometimes women may have higher relative strength in certain muscle groups (for example, abdominal muscles). Women versus men flexible, dexterous. The reason is that ligaments are elastic and muscles have high stretchability. Therefore, it is easier for them to perform large-amplitude movements. Functional capabilities of women's circulatory and respiratory organs are much lower than men's. The small size of the female heart indicates a small volume of contraction. Therefore, the minute volume of the heart is provided by its frequent contractions. Women have a faster resting heart rate and breathing rate than men. They also have low lung capacity, minute lung ventilation, and minute oxygen consumption. In general, a certain weakness in the physical development of women is caused by the weak functions of their organs and systems.

In women's sports training (choosing physical exercises, setting dosages, planning training), it is

important to take into account the state of their sexual environment and the nature of periodic processes (menstruation) occurring in their genital apparatus. Often, female athletes believe that they should not train before and during menstruation, or even participate in competitions. At the same time, it is known that female athletes participated in competitions and showed the best results at this time. Scientific research by S. A. Yagunov and L. N. Starseva showed that the results of sportswomen who continued training before and during the moon sighting and participated in competitions were normal (81.6 percent), sometimes even record-breaking. Only 18.4 percent of female athletes have lower results. At the same time, the results of female athletes who did not train during such times remained normal (56.5 percent) or decreased (43.5 percent). Female athletes who continued to train during this period usually do not have morphological and functional changes in their sexual environment. Observation of such female athletes shows that participation in training sessions and competitions during the period of menstruation is very rare (1.2 percent) with changes in the period (cycle). Participation in competitions at such times can lead to unpleasant changes in the character of the menstrual period in sportswomen with changes in their sexual environment (up to 21%). 78% of female athletes who have had a cold in their internal genital organs have a negative effect on their health by participating in competitions (S. A. Yagunov, L. N. Starseva). In addition to physical fitness and health during the period of moon sighting, it is also necessary to take into account the nature of the reaction of the female body. S.A. Yagunov and L. N. Starseva showed that women can be divided into four groups depending on the transitional character of this period and the body's reaction to them. The first group (55.6 percent) includes sportswomen who have a good mood and show high sports results during all periods of moon sighting. In the second group (34.5 percent) of female athletes, hypotonic syndrome characterized by general weakness, rapid fatigue, drowsiness, and dislike of training prevails during menstruation.

In the third group (5 percent) of sportswomen, symptoms of hypertensive syndrome characterized by random sensitivity, stiffness of movements during menstruation prevail, some have pain in the lower abdomen (lower back), headache, restless sleep appears. The number of sportswomen in the fourth group (4.9 percent) is a month

during vision, general fatigue, loss of appetite, nausea, pain in joints and muscles appear, sleep becomes restless, and heart rate and breathing accelerate. Therefore, the body of healthy women, whose sexual environment does not change during the period of moon sighting, may have different reactions during moon sighting. It is known that during this period, the body is very heavy during training sessions and competitions the reaction may change.

In almost half of sportswomen, the reaction to physical and mental stress can be disappointing. Therefore, it is necessary to plan the trainings in such a way that they are completely free from their negative effects. But for this, it is necessary to determine the nature of the reaction in the organism of a female athlete through the supervision of a doctor and self-monitoring, the observation of a trainer and the indicator of controlled exercises. Female athletes included in the first group, who are physically very well prepared, can train and participate in competitions. Of course, they must follow certain rules for training and participating in competitions. Female athletes included in the other three groups are not allowed to train and participate in competitions during menstruation. Solve this problem (including female athletes of the first group should consult a gynecologist. Sports training has great health-improving importance is, it eliminates abnormal changes during moon sighting and increases the functional capabilities of the body of female athletes.

It is impossible to train and participate in competitions during pregnancy. As a rule, women who are athletes have an easier time giving birth than those who are not engaged in physical education. A sportswoman with blurred vision can start special training after at least 9-10 months. During the first 1-2 months, it is necessary to perform therapeutic gymnastics exercises. Able to practice scribbles slowly. 6 months after giving birth, a female athlete can start training based on her program with a small bag. It usually takes 1.5-2 years from the suspension of special training due to pregnancy to the start of it. But even after a two-year break, special and general training is quickly restored, up to the previous level, and sometimes after 6-8 months, it can even increase. It is interesting that many women athletes return to the ranks after becoming mothers and show even higher results than before (N. Dumbadze, G. Turova, K. Mayuchaya, G. Zibina, G. Popova, G. Bistrova, N. Ponamaryova, T. Sevryukova, M. Golubnichaya, Ye. Gokiyeli, M. Rand and others). Due to the fact that women's functional capabilities are less than men's, their

training load is much lighter, and the conditions for doing sports exercises are also eased.

Despite the simplification of athletics for women, the current training load is much higher. Therefore, it is very important to determine the physical fitness and health status of every beginning athlete girl or woman. Starting athletes, in addition to a therapist, must also meet a gynecologist and undergo a medical examination.

Starting from the first training of athletics, the main attention should be paid to the all-round physical development of women, strengthening their health, and training the right figure. At this time, special training in some types of athletics and chasing after a good result and training with effort not allowed. It is harmful to health. More attention should be paid to specialization in the training of highly trained female track and field athletes. But it is necessary to regularly take care of women's general physical fitness throughout the training. It is important to strengthen the abdominal press and pelvic muscles to maintain the normal position of the internal genital organs. This is of great importance for pregnancy and childbirth. Choosing exercises to strengthen the muscles of the abdominal press is not difficult. But it is more difficult to strengthen pelvic muscles and increase their elasticity. The pelvic floor muscles can be affected by the abdominal press and exercises prescribed for the muscles around the pelvis. For this, special exercises are very useful: rotational movements in the hip joint, splits, sit-ups, raising the pelvis while lying on the back, lifting the legs, rotational movements of the legs, and the like. (S. P. Letunov and R. Ye. Motilyanskaya.)

The principles of training women in certain types of athletics are no different from those of men. But it has some features. Good flexibility and a sense of rhythm belonging to women, smoothness of movements will help them to quickly learn to perform the technique of running, jumping and throwing with a large amplitude. But the power of women to acquire techniques and improve them becomes a weakness. Therefore, training should be carried out together with general and special physical training. It is very important to pay attention to gradually increasing loads when training young girls in athletics. For this purpose, the types of athletics are performed in a much simpler way. In such training, their all-round physical fitness improves and the necessary qualities develop. Even so, training should not be limited to general development exercises. Athletes new to track and field training must run, jump and throw. It meets their desire, increases their interest in training and encourages them to strive for improvement. If there is a need to improve one or another physical quality, stop the consistent transition from simple to complex exercises. possible For example, running and high jumping can be preceded by various exercises that increase agility.

There may be similar ones in other types of athletics. To better train women in track and field exercise techniques, light conditions (intervals) are often used. For example, when learning to run and long jump in the "scissors" method, due to the shortness of the jump, the main obstacle is the correct execution of the "scissors". Top-down (on the sand) in order to extend the flight and make it possible to complete the "scissors" in the air jump is used. For women who are not physically well prepared, the weight of the core and projectiles is reduced. When running over pits, it is important to ease the conditions (the height of the pits is reduced and the distance is shortened).

If a female track and field athlete is physically mature by nature, the teacher should take an individual approach, take into account her characteristics, and use the most useful method accordingly, without stopping at unnecessary exercises. It is important that the volume of women's training is approximately the same as the volume of training in men's training. In this type of sport, this ratio ranges from 0.2 to 1.0, depending on the type and direction of exercise.

Exercises with barbells should be used very carefully in the training of female athletes. During training, barbell exercises are included among other exercises, but it is inappropriate to allocate a separate training for it. Even for female throwers, the barbell is just one tool to increase strength. In addition, to develop strength, it is necessary to use exercises performed with different weights. Shooting and throwing exercises of various weights of nuclear and other projectiles should be included more in the training of those engaged in shooting and throwing.

As endurance becomes more and more fatigued at the end of the training exercise, the athlete's body becomes stronger with the appearance of endurance. During training. The approximate ratio of the volume of exercises in men's and women's training with the same sports level (the volume indicator in men's training is taken as one) and taking into account the increase in difficulty at the end of the training while

running cross country for 800 m need Don't forget this, especially when running back and forth. It is easy in all cases to determine the right loads according to the size and intensity.

The physical fitness of an athletic woman is important. The days before and after the moon sighting period should also be taken into account when planning training. Beginning and insufficiently physically prepared female track and field athletes are not allowed to compete during menstruation and before.

need At this time, trainings are conducted in a very limited manner, and its total volume and intensity are reduced to 50-60% compared to the maximum. Women track and field athletes, in any case, are allowed to train, albeit on a limited basis. It is necessary to perform more imitation exercises in such lightened exercises. Although women are at their peak in the days leading up to menstruation, the best time to train and compete is a few days after leaving home. Therefore, the curve of the training mat should correspond to the rhythmic wave-like oscillation of moon sighting (Fig. 1).

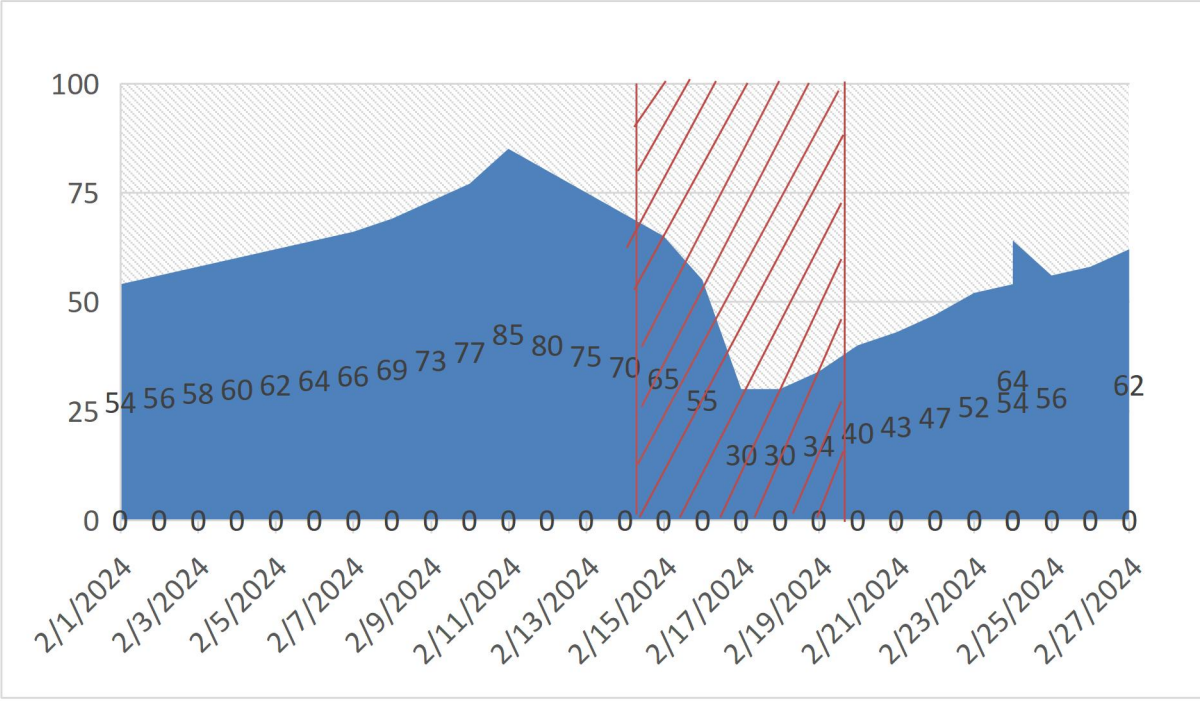

Figure 1. A curve showing the changes in work capacity during the menstrual cycle. (In the image of Letunov and Motilyanskaya)

For example, it is necessary to plan the peak training load before and after the moon sighting. It is recommended to plan a week with a small load during the period of reduced working capacity. If the body of a female athlete shows a negative reaction to physical stress during menstruation and before, then it should be limited to morning hygienic gymnastics, walks and rest. In the end, it should be mentioned that self-control, pedagogic and medical control are of great importance. In order to find out in time that some kind of pathological event has occurred and to know that the trainings are being planned correctly, it is necessary for every female athlete to undergo a regular examination by a gynecologist. If there are no serious changes and complaints, if the participant feels good, the technique and the result are improving, then the training is being conducted correctly.

It is also useful for the coach to monitor the training process of the female athlete. The dynamics of various indicators of training during moon sighting, observation of the athlete's walking and training, conversations about the ability to withstand loads, etc. will help the doctor and trainer to correctly solve the issue of training and participation in competitions. will help. Self-control also helps a lot. In addition to the usual information, a female athlete records in her diary subjective sensations around the small pelvis (pain, heaviness, etc.) as a result of athletics, as well as menstruation. should record the changes. Self-monitoring data helps the doctor to thoroughly analyze the process in the female athlete's body and make the right conclusion. It is on this basis that training can be properly organized.

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