



## DEVELOPMENT OF PHYSICAL QUALITIES OF MIDDLE-DISTANCE RUNNERS

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### Annotation

This article covers the physical range of middle-distance runners characteristic features of its preparation, physical education of students and increasing his interest in the sport is due to the use of middle-distance running exercises in athletics studying the peculiarities of students through the use of modern techniques development of physical fitness.

### Keywords

physical development, middle distance, physical fitness, modern methods, increase the pedagogical skill of sports.

### Introduction

In the spirit of children's Public, hard work and misrepresentation of their duty to the public upbringing is considered the most important issues of the present day. The boy steps into school starting from the first day, in which love for Labor is born, organization, it is necessary to educate the character of being able to fight and end what he has started.

Athletics with overcoming obstacles as well as introducing all kinds of senses and abilities includes a diverse set of related physical exercises. In addition, usually, the elements of the competition that children play in love with give them happiness, joy also typical of athletics.

We all know that school boys walk, run from an early age, jumping is in the nature of imitating throwing. The boy observes the being around, some of the things in it are included in the daily routine of themselves, and in the means of these actions they are performed knows the surrounding universe, so that it is certain in relation to the events of life the relationship will arise from the president of the Republic of Uzbekistan of June 3, 2017 Resolution PQ3031"on the basis of measures for the further development of physical education and mass sports.

Comprehensive physical development, health to strengthen and succeed in sports, physically and spiritually it is necessary to develop and educate the main ones of qualities. Among the types of athletics in the development and education of the main ones of these physical and cultural qualities the goal is to develop the physical fitness of distance runners. Development of the main physical qualities of a distance runner (physical fitness) first of all, it is the process of comprehensive and special physical development of the athlete. In this according to physical fitness to general training and special physical it will be in preparation.

Effective in increasing fitness of middle distance runners Ozolin N.G, Nasimov R.S, Niyazov I, Filin V.P, Shakirjanovna K.T, Andris E.R., Kuhatov R.Q, Narmuradov A and others studied. Medium distance has studied its own characteristics in increasing the physical abilities of runners and further enhance their inherent ability, by training highly qualified athletes made scientific practical and theoretical recommendations.

Increase interest in physical education and sports for students in athletics studying the specific characteristics of middle distance running exercises is modern through the use of styles, learners develop

their physical fitness and competently it is important to educate as a person. Physically healthy human healthy mind healthy the world is becoming immensely mature to look at, so Ham today identify those who focus on mass sports in the country from an early age, identify themselves aimed at attracting interested sports.

What special physical training requires to perform this type of athletics depending on the performance, all the functionality of the athlete's body, all organs and aimed at developing their systems at a high level. For this, naturally, selected exercises and special exercises of the Athletics tour are used. It often shows a general effect for general physical fitness from exercises, and for special training, from exercises aimed at the anic goal used. But even in general physical fitness, physical development, body structure, to eliminate some of the disadvantages of poor quality and the like, it is clear guided exercises are added.

In boys through middle distance running methods for the development of physical fitness. Athletics middle distance runners. Organization of annual training. When organizing athletics training identifying the styles and tools used to develop downloads.

In boys through middle distance running study of methods for the development of physical fitness and physiology of foreign scientists, theory physical activities of athletes in the field of psychology, medicine, pedagogy the relationship of interaction and interaction between morphofunctional development the rules in question; general-scientific research in various theoretical and practical fields a systematic approach demonstrating the method and the theory of the development of physical qualities of importance. General fitness refers to the training of middle-distance runners harmonic development, development of muscle movement of the body organs and strengthening their systems, gaining and managing their functionality improving ability, strength, agility, endurance, agility, flexibility improvement, correction of defects in the figure and body structure are provided. Achieving this for all with the organs and systems of the organism participating in various activities of action body parts need to be maintained regularly using exercise. For this while from the exercises in the three groups mentioned above, especially to the general development it is necessary to use different of the intended exercises.

Science included in the research process the process of training and training in the preparation of data learners theory and responsibility of physical education, which concerns the problems of improvement clarifies their laws. Targeted control of physical fitness of learners the development of development methods and confirms the effectiveness of the recommendations given.

Strength, agility, endurance, agility in general and special physical training, developing flexibility, exercise plays a key role. In the same physical qualities based on the working capacity of organs and systems in the entire organism of the athlete, his opportunity to is reflected. Development of power. Sports that do not increase strength depending on the type of athletics chosen for their skill, the general fitness the specification is also in line with the requirement to specialize in organs and systems strengthening and strengthening. So, for example, the general physical of throwers exercises that increase training are much more common compared to long-distance runners will.

Muscle strength is the central nerve corresponding to the functioning of the cerebral cortex the condition of the system, physiological cross section of the muscles, which are in the muscles biochemical processes, changes in muscle strength, their fatigue it will depend on the level and other reasons. The mover in the cranial shell nerve impulses emanating from the nerve fibers of the zone are the actuators of the spinal cord muscle strength only occurs when it comes to the muscles through the nerves. This is the nervous system it shows that there is a crucial importance of functionality.

The development of muscle strength, especially in novice athletes, is the first being able to control their muscles in the queue, being able to shrink them and giving more strength it is at the expense of being able to strengthen (improve neuromuscular coordination). Thus one has at the time, it is also important that you have learned to show great willpower. In addition, being able to show muscle strength is a way to increase the functional capacity of nerve tissue it is also developed with. Muscle strength corresponds to its physiological cross-section because it is proportional, exercise affects the muscle as muscle mass increases the strength also goes further, at the same time, the circulation in the muscles increases, the exchange of substances improves, increases energy-giving substances.

The basics of running techniques are the most conservative, for many centuries they have been serious did not change. Leading athletes have been conducted to study individual techniques studies have only laid

the foundation for the introduction of small changes. Basically of different factors the effect of running technique is the work of a certain muscle in generating running speed defined, defines biomechanical parameters of basic descriptions of running techniques given. However, exercise and techniques are more likely to increase muscle mass or nerve to increase the level of appropriate functionality of the collection and be able to show strength it can be selected as an enhancer.

All muscles in the body of a middle distance runner are strong, harmonic should be developed. But the demand for the level of development of musculature is light it depends on the type of athletics. Throwers need to develop a lot of power from everyone marathon runners need less power than anyone else.

In the training of any middle-distance runner, of course, the strength developmental exercises are used. But basically doing this type of athletics attention is paid to the development of the most important muscle. Greater and maximum tension to improve the ability to show muscle strength methods are used. These are specially selected exercises with great and maximum strength (75-100% of the maximum) means repeated execution. Athletics in such exercises if you are aiming to learn as much effort as possible in which type, of the same type or the coordination structure integrity of the same type element is maintained.

Go to make the exercise harder (barbell and projectiles weight, jump height, increased running speed) is also a characteristic of these exercises. Muscle mass to increase, exercise until the muscles are tired to the extent that the fullness of the movement is impaired is performed without a node (the "end to end" method). Such an exercise is due to the nature of the structure, usually the athlete is similar to the elements of the light athletic tour in which he specializes. Come power in this should be moderate or large (50-70% of the maximum).

Also from static tension exercises in the preparation of a middle-distance runner ("isometric" method) is used. The track and field athlete, for example, crawled to a low turnstile with his shoulder or try to straighten your half-curved legs, to remove the much heavier barbell from the ground by doing so, it will consume as much maximum voltage as possible. Static at such an end in tension, the force of the brain on the nerve tissue related to the coming muscle clusters particularly high demand is added. Naturally, the nerve tissue in response to such tension although the functionality increases, the athlete can give even more strength. Nerve increased functionality of the collection is more common in dynamic movements gives the opportunity to spend voltage.

Scientific investigations of those who used weights in jumping exercises showed a greater increase in Leapfrog compared to those who did not use it. During the preparatory period, the Athletics wore heavy shoes or wore a 5-6 kg Li belt ("arm" oshin lacing with beads or a tarpaulin belt"), perform special exercises can. Any exercise with a large and maximum static voltage over a workout is 5-6 repeat 2-4 times a second. This method is good only for adults and physically recommended for trained track and field athletes.

## **Conclusion**

Novice track and field athletes develop all their muscles in the body to, you need to do a variety of physical exercises that come in more strength than that muscle they need to develop their gruppas. Of course, they are with strength-building exercises they must maintain their overall levels of physical fitness.

The readiness of good athletes to succeed in the types selected by which muscle to find more benefits if gruppas require a strong, slow pace of exercise starting from, the maximum level is performed in the range up to possible. Just like that when exercising at a different pace with different weight loads, an athlete can control their muscles take, end up in this type of athletics use maximum power at level speed will know.

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