



**METHODOLOGY OF ORGANIZATION OF MIDDLE RUNNING TRAINING IN
ATHLETICS**

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ANNOTATION

The article examines the types and processes of practical training in middle distance running by the type of athletics. The processes of practical training of middle distance runners and the forms of organizing practical classes are, analyzed. Discussions were, also held on the methods and principles of improving technical and tactical skills, the development of physical qualities, which are the main goals and objectives of practical training of middle-distance runners.

Key words: Athletics, running, medium distances, spot, training, distance, athlete, technician, runner.

Forming a healthy lifestyle in society, improving the health of the population strengthening, educating a physically healthy and spiritually rich young generation, achieving regular serious participation of citizens in physical culture and sports are among the most pressing issues of today. Millions of people are improving their health by walking and running. Athletics is called the "Queen of Sports". Is this kind of sport worthy of this very high-flying phrase? you think. Athletics has given way to all modern sports, football or basketball cannot be imagined without running or jumping, and even a chess master is engaged in running training in preparation for the competition.

Pierre de Coubertin, the founder of the modern Olympic movement, said: "The main thing is not to win, but to compete!"

There is such a phrase:

If you want to be healthy, run,

If you want to be beautiful, run,

If you want to be strong, run.

We see that there is a great deal of meaning behind this word. The great thinker Abu Ali ibn Sina made effective use of gymnastics, swimming, wrestling, as well as brisk walking, running, jumping, javelin throwing, and stone-lifting exercises in the treatment of patients. Our great ancestor Amur Temur used athletics, cross-country running, javelin throwing, stone throwing, and hurdle training to train his soldiers to be physically strong, agile, and resilient. [1]

Running medium distances from a high start is only 800 m running sometimes starting from a pyast start. In the starting position, the runner puts his stronger leg closer to the starting line and the tip of the other leg 30-50 cm back. After the "attention" command, he bends both legs slightly, leans his body forward and shifts the center of gravity to his front leg, leukin, so as not to fall and start running before, general



the projection of the weight mass should not extend beyond the tip of the foot. Opposite the front leg - bend the arm on the opposite side and push forward. [2]

Some mid-distance runners lean on the ground 12 with this hand (beyond the starting line), the shorter the distance, the closer the runner's start to the start is. The athlete starts running as soon as the signal is given (bullet sound, "march" command);

In the first steps, his body is more bent, and then slowly recovers. The width of the steps increases, the speed of the run increases, the athlete increases the speed and in a short time wins the free run. Running the distance. When running long distances, the body is straight or slightly bent ($5-7^\circ$). [4]

Slightly tilting the body forward allows you to take full advantage of the depressing force and move forward faster. Excessive bending forward causes a "fall-down" run, which makes it difficult to move the bent leg forward, and as the steps shorten, the speed decreases. In addition, when overworked, the muscles that keep the body from bending too much are always tense. When the body is not bent, the conditions for depressing are slightly worsened, but the knee joint is bent. improves. When the posture is correct, favorable conditions for the functioning of muscles and internal organs are created. Pulling the pelvis forward during the depressing phase is an important feature of long-distance running, which allows more complete use of the base reaction force. The deflection of the runner's body is around $2-3^\circ$: it increases at the moment of depressing and decreases during the flight phase. The condition of the head has a positive effect on the condition of the body. So you have to keep your head straight and look ahead. How to move the legs is very important in the technique of running medium distances. The foot is slightly bent and burns softly and elastic to the ground. First the front of the sole of the foot, then it all touches the ground completely. Such a burn on the sole of the foot is the body of the runner with the place where the foot burns on the ground. o. m. reduces the distance between the projections and reduces the effect of the braking forces of the base reaction. The active movement of the free leg back and forth relative to the torso also helps the neck. Burning the front of the foot to the ground allows you to make better use of the stiffness of the calf muscles, which are actively involved in the depressions. The track of the runners' feet on the road will be in a line, the toes of the feet will almost never burn to the sides. From falling to the ground to a vertical position, the foot continues to bend (bend to soften). In this case, the quadriceps muscle (calf muscle) is stretched, which makes it easier to contract during depressing. Bending the top of the foot also improves softening. If all the joints are completely straightened, the depression will be good. [5]

When running medium distances, the tilt angle is about $50-55^\circ$. When the deisinsp is straight, the pelvis is slightly protruding, and the bent limb is parallel to the number of depressed legs. The rapid advance of the swaying foot facilitates depressing. In the best mid-distance runners, the number of swing legs is raised to a horizontal level. Medium-distance runners, on the other hand, do not expect much from the number of shaking legs. The leg muscles (quadriceps, thighs, and other muscles in the thigh) that complete the depressing are relaxed during flight, and the leg bends at the knee joint and moves quickly forward. [6]

The contraction occurs when these muscles rest for a short time after doing a great job in the base phase. When vertical or when the number of swing legs is slightly forward, the swing leg is most bent. If the leg is bent, it can be extended faster, but this flexion should not be forced,



the antagonistic muscles should be at their maximum relaxation, the thigh should move forward at a high speed, and the ability to relax the muscles during squatting will affect the flexion angle at the knee joint. This angle is around 25-50 ° in different runners. During the vertical, the swinging knee is much lower than the base leg knee (this is the result of the relaxation of the leg and torso muscles, leading to a medium distance and especially a long distance.

is extremely necessary when running long distances, and the pelvis moves around the sagittal axis of the pelvic joint. [7]

The most important thing in flight is to maintain the balance and relaxation of the body. In the middle distance, the athlete takes 170-220 steps per minute. The length of the step of a middle-distance runner is not the same even in an athlete. It depends on fatigue, not being able to run a thiocy in some distance, the quality of the track, the wind and the mood of the athlete. A step with a strong foot is usually longer than a step with a weak foot. Tent length 160-215cm. The ability to increase the running speed by setting the step wider will be limited because it requires a lot of force. [8]

In addition, the length of the step will largely depend on the personal qualities of the athlete. Therefore, the speed is increased by increasing the frequency of the steps. This depends on the level of exercise the runner has. The movement of the arms with the shoulder girdle depends on the movement of the legs. These movements should be performed lightly and comfortably. This depends on knowing how to relax the shoulder girdle muscles. The movement of the hands helps maintain balance while running. The amplitude of arm movement depends on the running speed. As the claws move forward, the torso does not cross the midline and rises approximately to the level of the sternum. When the hand goes back, the claw reaches the back of the body (when viewed from the side of the runner). The hands move like a pendulum, the fingers are relaxed, the wrists are not energized, and the shoulders do not rise. [9]

As the arm moves forward, the shoulder of the forward hand moves slightly forward (moving around the vertical axis) due to the forward movement of the pelvis with the other leg. The arm is bent the most at the front and back the least, and the least at the vertical. How long it takes to reach the finish line depends on the distance and how much strength the athlete has. Upon reaching the finish line, the arm movement accelerates, the torso bends more, and the angle of descent decreases. The athlete begins to run faster, mainly at the expense of increasing the frequency of steps. Some runners get tired at the end of the distance and run with their bodies thrown back. This position of the body does not help to run more smoothly, because the force generated by the depressing is directed more upwards. [10]

Turning has some similar features of running technique: the body is tilted to the left, the sidewalk is slightly tilted, the right arm moves wider than the left arm, the elbow of the right hand protrudes more to the side, and the sole of the right foot turns slightly inward and falls to the ground. As a result of running at high speeds, the body's need for oxygen increases; Oxygen consumption is up to 4-5 liters per minute, and air exchange in the lungs is up to 100-120 liters per minute and more. This is why it is so important to breathe properly while running. The increase in oxygen demand is mainly due to the increase in respiratory rate. There is a definite relationship between the frequency and depth of breathing and the speed of running. The rhythm of the breath depends on the individual characteristics of the running speed (as the running speed increases, the respiratory rate also increases). When the run is not so fast, if you exhale once



every 6 steps, with the increase of speed, one exhalation corresponds to 4 steps (breathing in 2 steps, exhaling in 2 steps) and sometimes even 2 steps. When running, it is difficult for the ratio of the breath to the number of steps to be constant from the beginning to the end of the distance. Therefore, the initial respiration will accelerate later. The runner should not stop breathing. Both the nose and the mouth should be inhaled. The most important thing is to pay attention to fullness of exhalation. The main factor in the main physical training of athletes running medium distances is the physical development and high elevation of the body. Sports all year round to cycle training for middle distance runners

The distribution system of competitions is also affected by the seasonal exchange. Training period - during this period it is necessary to create conditions for the athlete to enter the philosophy of sports. The first-stage tasks in the technical and tactical training of middle-distance runners are as follows. The factor that forms the organizational and theoretical basis of sports activities is the acquisition and consolidation of knowledge. In the elementary sport, it is convenient to reach maturity

The main factor is to improve the skills of movement and the formation of skills that create the conditions. In the first stage, it is important to increase the morale of runners, the general level of willpower, which will ensure the success of sports activities, the training of athlete-specific diligence. Competition period - the structure of this period can be simple and complex. It consists of small cycles of race and load selection.

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