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METHODOLOGICAL BASIS FOR THE DEVELOPMENT OF SPECIAL ENDURANCE IN MIDDLE DISTANCE RUNNERS

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Annotation
The article discusses the methods of development of special endurance in middle-distance runners. The basics of the development of special endurance in athletes-runners in the classroom in groups to improve sportsmanship are given.

Keywords: methods, special endurance, development, sports skill improvement groups.

Introduction

The special endurance of middle-distance runners can be considered as a multicomponent concept, since the level of its development depends on many factors: general endurance, speed and speed-strength abilities, technical and tactical readiness, volitional qualities, etc. Experts rightly emphasize that a high level of development of speed and speed-strength abilities can ensure success in this type of athletics [1, 2].

The analysis of literary sources shows that the development of special endurance in middle-distance runners has traditionally been carried out on the basis of increasing the functionality of the cardio-respiratory system and increasing the amount of training load. For a long time, the use of this direction provided a continuous increase in results, but recent studies show that this is no longer enough to ensure the high performance of athletes [3, 4, 5].

Modern athletics experts believe that the most important factor that determines the special endurance of middle-distance runners is local endurance, determined by the functionality of the muscular locomotor links; other experts believe that the leading factor is general endurance, determined by the functionality of the cardio-respiratory system, which should be considered as the primary factor in the development of special endurance [6, 7, 8].

The development of special endurance of middle-distance runners is carried out on the basis of repeated overcoming of segments of the distance with competitive (or close to it) intensity and short rest pauses, as well as running competitive distances. The intensity of training work aimed at developing the special endurance of runners should be close to the planned competitive intensity. You can also use the intensity of the exercise, slightly exceeding the planned competition. In cases where the duration of individual exercises is not long (much less than the duration of competitive activity), the rest pauses between them should not be long. The duration of pauses should be such as to ensure the performance of the next exercise against the background of fatigue after the previous exercise [9, 10].

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According to some experts, a significant impact on the development of special endurance is provided by the coordination of exercises of different duration during the implementation of the program of one training session. Thus, among middle-distance runners, the most widespread in practice are variants in which the length of the segments in the series constantly or gradually decreases [11, 12]. In this case, it is imperative to observe the following methodological rules: rest pauses between overcoming segments should not be long (heart rate should not decrease by more than 10-15 beats per minute); each subsequent segment must be shorter than the previous one or have the same length; the total time of the series should be close to the time that the athlete plans to show during the competition [13, 14].

Thus, the analysis of modern literature indicates a sufficient number of studies on the methodology for the development and improvement of the special endurance of middle-distance runners. However, it should be noted that the issue of the development of special endurance of middle-distance runners in the classes to improve sportsmanship remains insufficiently studied [15, 16].

The purpose of the study was to study the methods of development of special endurance of students-runners for medium distances in the classroom to improve sportsmanship at the stage of sports improvement. Such tasks were set as the analysis of literary sources; disclosure of the basics of the methodology for the development of special endurance in middle-distance runners in the classroom to improve sportsmanship. The study involved student athletes who specialize in middle-distance running. The research methods were: analysis of literary sources, analysis of the diaries of trainers-teachers in athletics and middle-distance runners.

The analysis of diaries on planning running work for middle-distance runners, as well as the analysis of our own diary of training work, made it possible to study in detail the methodology for developing special endurance of 800-meter runners in the preparatory period of athletes' training. The preparatory period is represented by three mesocycles, each of which consisted of three microcycles with one day off on Sunday. On Tuesday, Thursday and Saturday, cross-country running was used (to develop general endurance) in combination with strength and speed-strength work in the gym. On Monday, Wednesday and Friday, interval runs were performed for different segments.

So, in the retracting mesocycle (September) in the second retracting microcycle, cross-country running lasted 15-20 minutes (70%), and interval running (75%) assumed: 4x100 meters after 3 minutes of rest; 3x800 meters after 7 minutes of rest; 3x200 meters after 4 minutes of rest. In the basic developing mesocycle (September-October) in the first retracting microcycle, the duration of the cross-country run increased to 20-30 minutes (75%), and the interval run assumed the following work: 3x300 meters after 4 minutes of rest (75%); 2 series of 3x800 meters after 7 minutes of rest (80%); 2 series 4x200 meters after 4 minutes of rest (80%). In the basic stabilizing mesocycle (October-November), in the first shock microcycle, cross-country running is used only on Tuesday and Saturday for 30 minutes (80-85%). Running work on other days of the week included: variable running 100-200-300-400-500-600-700-800 meters through 100-200-300-400-500-600-700-800 meters jogging (80%); interval run 4x1000 meters after 9 minutes of rest (80%); 2 series of 3x800 meters after 7 minutes of rest (85%); 4 series 4x100 meters after 1-2-3 minutes of rest (90%).

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Conclusion

1. The main components of the load in the process of developing special endurance of middle-distance runners are analyzed: the duration of segments in series from 100 to 1000 meters; the intensity of the run corresponds to the planned competitive; the duration of the rest pauses ensures the performance of the subsequent exercise against the background of fatigue (the rest pauses are incomplete and active); the number of series depends on the level of training, the stage of preparation and qualification of the athlete. 2. It was determined that in the training process of 800-meter runners in the preparatory period at the stage of sports improvement, 50% of the total amount of work is given to the development of general endurance and 50% to special endurance. For the development of general endurance, cross-country running is expected from 15-20 to 30 minutes with an intensity gradually increasing from 70 to 85% of the maximum. 3. The methodological foundations for the development of special endurance of 800-meter runners in the preparatory period at the stage of sports improvement were determined: the length of the segments in the training session program ranges from 100 to 8000 meters; the intensity of running work gradually increases from 75% to 90% of the maximum; the duration of the rest intervals depends on the duration of the running work; the number of series is from 1 to 3.

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