Mental Enlightenment Scientific-Methodological Journal

Volume 2022 / Issue 4 **Article 27**

MODERN PROBLEMS OF LONG-DISTANCE RUNNERS' DEVELOPMENT AT THE STAGE OF SPORTS IMPROVEMENT

Nozim Raimjonovich Ummatov
Sports lecturer at the Namangan State University
E-mail address: rin1991@inbox.ru

MODERN PROBLEMS OF LONG-DISTANCE RUNNERS' DEVELOPMENT AT THE STAGE OF SPORTS IMPROVEMENT

Nozim Raimjonovich Ummatov
Sports lecturer at the Namangan State University
E-mail address: rin1991@inbox.ru

Abstract: Purpose of the study of this work is to study the modern problem of the development of long-distance running, to identify the level of condition of athletes in Uzbekistan, as well as to determine the need to make changes to the system of training qualified long-distance runners.

Key words: long-distance running, problems in running, races, competitions.

Methods: The study used such methods as questionnaires, surveys and interviewing. Pedagogical observation of a group of tested athletes and pedagogical testing. The experiment was carried out at the stadium and a specially designated place for cross-country. 68 athletes took part in the test, of which 30 athletes were selected for further experiment, 15 in the Experimental group and 15 in the Control group.

Results: As a result of the study, it was revealed that the coaches do not have sufficient qualifications and experience to train highly qualified long-distance runners, where the best runner in Uzbekistan is far behind the participants in the Asian and World Championships in terms of time and pace of running.

Conclusions: It is necessary to revise the system of training long-distance runners and make timely adjustments to the preparatory process and apply innovative methods to improve the functional state of athletes using modern technologies.

INTRODUCTION

Today, the high level of sports results in Asia and in the world indicates that every year more and more innovative technologies are being introduced into sports life, thanks to which progress is made in the development of sports. Scientific progress drives world records, the technological equipment of national teams brings the level of sports achievements to an unimaginable level. Today, it would seem that athletes train at the limit of human capabilities, but the scientific approach and new discoveries in the field of sports break all stereotypes and understanding of the surviving time and the concept of sports training. In our case, the development of results in long-distance running surprises the whole world, as new young and ambitious athletes declare themselves with unthinkable results in competitions.

Compared to the last decade, the number of international competitions in long-distance running has increased in the calendar plan of world athletics, which entailed an increase in starts in the calendar plans of different countries of the world. Today, each country has a great desire to host various types of such competitions. It has become prestigious and affordable. All that is needed is the great desire of the organizers and the entire population to compete in the most innocuous and easily accessible sport like long-distance running. So in our country in recent years, international marathons and half marathons, as well as various long-distance charity races, where each participant has every chance to participate and enjoy it, have become more frequent. After all, the very atmosphere of running and the spirit of competition rises at the sight of a huge number of people who want to devote some of their time to sports. Gradually, long-distance running becomes a way of life for many people, and most become fans of this activity.

For comparative analysis, we conducted studies in long-distance running, according to the number of participants from 2017 to 2022. When receiving data and analyzing them, we managed to establish a figure of 10,000 participants at the

last start of the marathon. In which other sports can this be seen. Only for long-distance running. This phenomenon indicates that the popularization of long-distance running is growing higher and higher every year. This solves several tasks set by the Decrees of the President of the Republic of Uzbekistan and the Cabinet of Ministers for the development of physical culture and sports in our country. First of all, work is underway to involve the entire population in physical education and sports, as this reduces the incidence rate in general. Attracting young people to long-distance running, and selection work of talented youth and the formation of teams of cities, regions and the Republic are being carried out. Work is underway to prepare the national athletics team, including long-distance running. But despite all the existing conditions, our long-distance runners are not able to compete both in the Asian region and in the world. This phenomenon prompted us to conduct research in this area and identify current problems.

Purpose of the research work is to study the modern problem of the development of long-distance running, to identify the level of condition of athletes in Uzbekistan, as well as to determine the need to make adjustments to the system of training qualified long-distance runners by finding ways to expand the ability of athletes to show good results.

To achieve the goal of the research work, the following tasks were set:

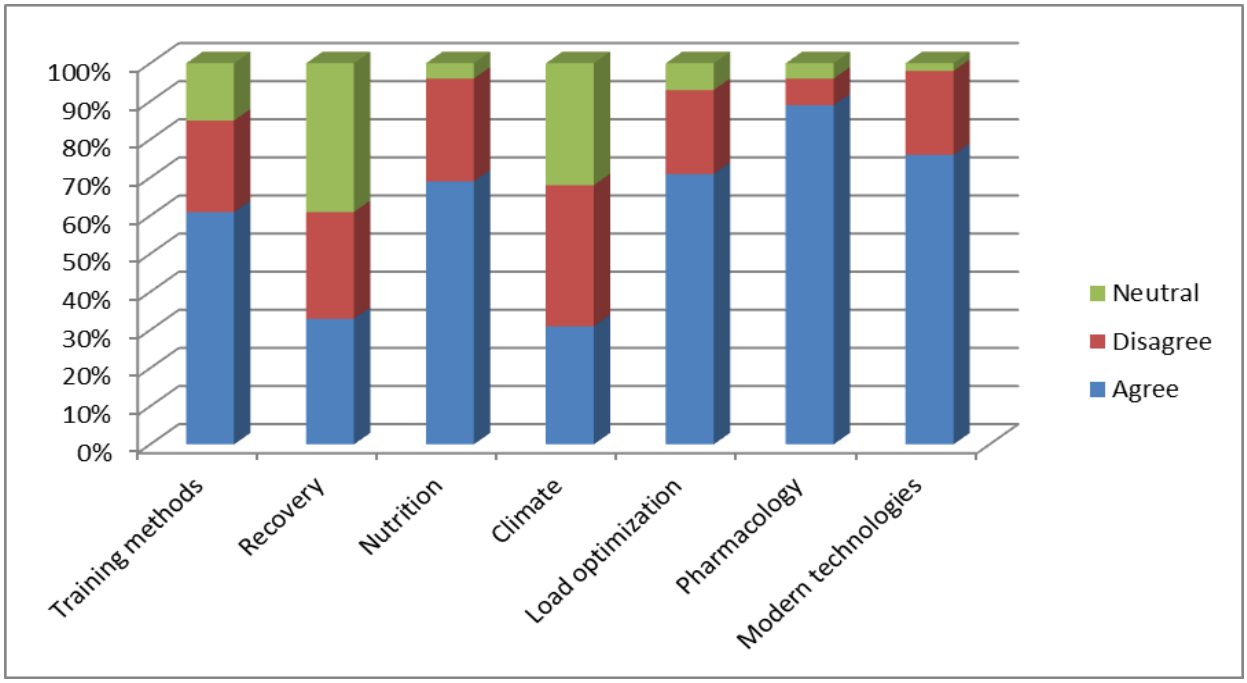
- based on the collected materials from all regions and regions of our Republic, based on the results of interviews, surveys and questionnaires, to identify the level of qualification of the coaching staff in the field of training long-distance runners.
- to make a comparative analysis of the average results of participants in the Asian and World Championships in long-distance running with the best result of an athlete from Uzbekistan over the past 10 years.
- to make adjustments to the training process of athletes of Uzbekistan, taking into account the experience of foreign specialists.

Research methods and organization: To identify problems in the development of long-distance running, such research methods as questionnaires

were used, which were conducted anonymously to more accurately determine the existing problems in long-distance running, which makes it possible to collect a huge amount of information from all countries in a short period of time. regions of our country. The survey and interviews were conducted with all leading, experienced and just beginning coaches in long-distance running. A comparative analysis of the obtained data of athletes of Uzbekistan with the data of the leading athletes of Asia and the world in long-distance running was carried out. Pedagogical supervision over a group of tested athletes and pedagogical testing was also carried out over a group of athletes, participants in a pedagogical study. The experiment was carried out on the basis of Namangan State University and the main venue for the research work was the stadium and a specially designated place for long-distance runs and cross-country, namely cross-country. Athletes in the amount of 68 people before the start of the pedagogical test participated in races for 10,000 meters (25 laps at the stadium) and 21,000 meters (half marathon) cross-country. The 10,000m test was divided into 2 runs with 34 athletes in each run. Athletes ran in spikes designed for long-distance running along the rubber track of the stadium. After the test for 10,000 meters, the athletes were given a rest in the amount of 5 days for a full recovery, and only after that a start was given for 21 km, where the athletes ran in sneakers on asphalt and dirt. This test is necessary to determine the technical and tactical training and to identify the functional state at the current time. A group of athletes of the stage of sports improvement participated in the experiment. Since, it is at this stage that most long-distance runners have problems in developing results. After two tests, selection was made in the experimental group of 15 athletes and the control group of 15 athletes, according to close results. The rest of the athletes were eliminated either because of a high result or because of a low result. Thus, the athletes were divided into control and experimental groups.

Results of the study and discussion

To identify the reasons for the stagnation in the development of long-distance running in the Republic of Uzbekistan, we compiled an anonymous questionnaire to obtain accurate data on the above problem. Conducted a survey and conversation coaches for long distances. The survey, conversation and questioning were conducted in all regions of our Republic, and all categories of coaches took part in this experiment, and wishes and recommendations were collected to improve the system for training long-distance runners. A comparative analysis of advice and recommendations was also made in the context of the regions of the Republic of Uzbekistan. As a result, the following results were obtained:



Pic. Results of questioning, survey and interviewing of long- distance coaches.

According to the results of the survey, survey and conversations, it was revealed that 61% of coaches consider the main achievement of high results in long-distance running to depend on the correct training method, while 24% of coaches absolutely disagree with this, and 15% remained in a neutral position. When asked about recovery after training loads, it was revealed that not all coaches pay special attention and the majority remained in a neutral position, which amounted to 39% because they had no idea about recovery procedures. While 33% regularly use recovery methods and 28% of trainers believe that the result does not

depend on the degree of recovery, since the best recovery is sleep. On the question of sports and balanced nutrition, the opinions of coaches are also different and 69% of coaches give instructions on proper sports nutrition, 27% do not agree with this and believe that sports nutrition is used by athletes of exceptionally high qualifications and 4% have no idea what sports nutrition is and remain in a neutral position. 31% of coaches that success also depends on the climate, while 37% disagree and 32% could not answer this question and remained neutral. On the problem of optimizing training loads, most coaches agree that success still depends on the rational distribution of the volume and intensity of training loads, where 22% do not agree with this statement, and 7% remain in a neutral position due to the fact that they do not know how to distribute loads. The result on the issue of pharmacology and other additional stimulants of natural origin was surprising, since most trainers are sure that it was 89% that it is impossible to achieve a high result without them, but 7% of trainers still insist that you can do without additional funds and 4% refrained from answering and remained neutral. The use of modern innovative methods and technologies in sports has a great impact on the results of athletes, 76% of coaches agreed with this, 22% disagreed and 2% had no idea about technology.

I would like to note that not a single coach uses modern technologies and approaches to training sessions, analysis of the training and competitive process, both for mass-level athletes and highly qualified athletes. They do not try to understand modern innovative technologies and training methods, which in turn provide a huge range of opportunities for analyzing the actions of athletes and identifying errors. Also, they did not improve their coaching qualifications abroad with leading specialists in long-distance running, there is no experience of training in laboratories and training centers, they did not conduct joint training camps with leading athletes from Asia and the world. All of the above says that the coaches themselves are stuck in a time loop, they do not try to develop using the possibilities of the Internet and access to the world athletics elite.

Table 1.

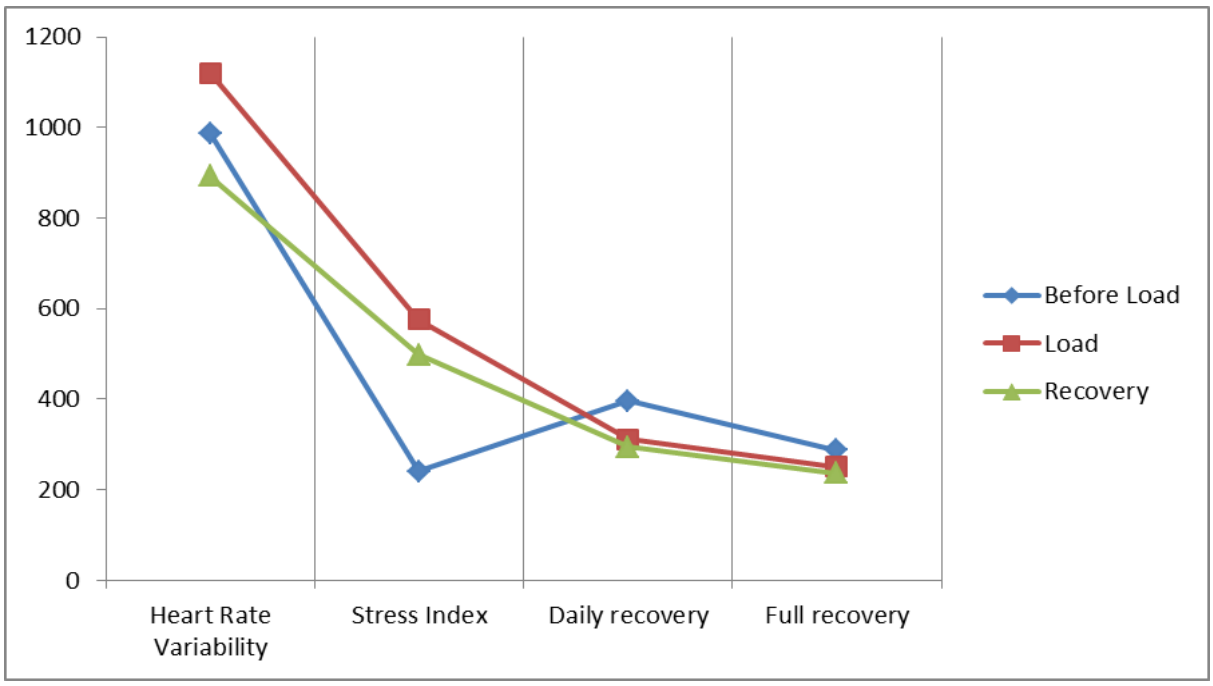
Comparative analysis of each lap and average results in the 10,000 m at the stadium of the World, Asia and Uzbekistan Championships

Distance m.	Lap Time(sec.)			Difference of Uzbekistan from (sec.)	
	World	Asia	Uzbekistan	World	Asia
400	65,0	66,3	70,3	-5,3	-4,0
800	65,5	67,6	69,2	-3,7	-1,6
1200	65,2	68,7	71,0	-5,8	-2,3
1600	65,8	68,2	72,5	-6,7	-4,3
2000	67,9	69,5	68,5	-0,6	-1,0
2400	66,8	68,1	69,8	-3,0	-1,7
2800	65,2	67,4	70,6	-5,4	-3,2
3200	65,0	66,9	72,1	-7,1	-5,2
3600	65,3	67,2	71,3	-6,0	-4,1
4000	65,8	67,5	69,7	-3,9	-2,2
4400	65,5	66,8	70,9	-5,4	-4,1
4800	65,7	65,1	72,5	-6,8	-7,4
5200	66,3	67,3	71,2	-4,9	-3,9
5600	67,3	68,4	69,6	-1,1	-1,2
6000	67,1	66,6	68,4	-1,3	-1,8
6400	67,0	69,7	70,9	-3,9	-1,2
6800	66,6	68,9	71,1	-4,5	-2,2
7200	66,3	67,2	73,3	-7,0	-6,1
7600	66,8	66,3	71,7	-4,9	-5,4
8000	65,5	68,1	70,8	-5,3	-2,7

8400	66,6	66,2	69,0	-2,4	-2,8
8800	66,7	67,5	68,2	-1,5	-0,7
9200	66,9	66,4	71,6	-4,7	-5,2
9600	63,9	65,9	70,0	-6,1	-4,1
10 000	63,0	65,6	66,4	-2,4	-0,8
Total time	27:19.17	28:14.50	29:29.1	-2:09.83	-1:12.60

Table 1 shows that the athletes of Uzbekistan are far behind on each lap, giving way to runners from Asian countries with a minimum time of 0.7 seconds and a maximum time of 7.4 seconds. From the world elite, our stayers are inferior with a minimum time of 1.1 seconds, and with a maximum time of 7.1 seconds. Compared to athletes from Asia, it seems that the inferior time is less than the world elite 7.4 seconds versus 7.1 seconds, but the spread of time on each lap for athletes from Uzbekistan is not stable and requires a more accurate sense of time and pace of running over the course. This suggests that the functional state of our long-distance runners at the time of the competition is at a high level, since the time shown (29:29.1 seconds) by the Uzbek athlete is one of the best over the past 10 years. However, a comparative analysis shows that even when comparing the best athlete from Uzbekistan with the average performance and results of participants in the Asian and World Championships in the 10,000 meters over the past 10 years, there is a huge lag in time and pace of movement over the distance. It is required to make changes in the training system of training, as well as in the methodology for training qualified long-distance runners with the involvement of experienced foreign specialists and the use of innovative training methods and technologies.

Pic.2 HRV and Stress Index indicators of long-distance runners during the test for 10 000m running



Pic.2 shows the results obtained during the 10,000m long-distance test of the Experimental group runners, where pre-exercise HRV is within the normal range of 987 high-frequency waves, and there is a sharp increase in waves and a slight decrease after exercise. With high rates of high-frequency waves, the athlete's body is ready to perform optimal loads and this load increases the adaptive capabilities of the body if the stress index is lowered and is below 200. If the athlete has a high rate of high-frequency waves and a high stress index, this indicates that that the athlete is not able to withstand the load, and here intervention in the training process is necessary, namely, to reduce the pace and lower the heart rate to the aerobic energy supply zone. We can also observe that the athlete's daily recovery is very slow, which means that intensive loads should not be given until the athlete has fully recovered from the previous load. In our case, the athlete fully recovered on the fourth day. But the stress index was at a high level. This indicator is very important when drawing up a training plan for a week, since it is necessary to take into account the type of nervous system of a long-distance runner, and, based on the data obtained, optimize the training load individually. The stress index also recovered on the fourth day. If the stress index before the races has risen sharply,

which indicates the excitation of the sympathetic nervous system of the body responsible for excitation before the training load, then it is necessary to change the upcoming workout to a more gentle mode or change activities to another sport in order to distract the runner from the monotonous run.

CONCLUSION

Thus, in our country, despite the holding of large-scale events to attract the young and talented generation to long-distance running, there is a stagnation in the development of long-distance running and this affects the inability to provide significant competition not only in the world, but also in Asia. . It requires an in-depth study of the level of the functional state of middle-distance runners, and the search for methods of improvement. Particular attention should be paid to the technical and tactical training of athletes, general and special endurance, since a comparative analysis revealed that the level of preparedness of our best long-distance runner lags far behind the participants in the Asian and world championships. In this regard, there is a need to find new ways to empower athletes to achieve high results in the international arena. But the development of mass races, involving the whole population in one of the most accessible sports such as long-distance running, there is significant progress, since not only adults, but also older people have become interested in this sport. All this indicates the effectiveness of resolutions and decrees of the President of the Republic of Uzbekistan and the Cabinet of Ministers, which, in turn, take care of the health of the entire population of the country.

REFERENCES:

[1]. Burnashev R.A. (2021) Assessment of middle-distance runners cardiovascular system in rest and load conditions Eurasian Journal of Sport Science; 1(2): 136-142 https://uzjournals.edu.uz/eajss/

[2]. Burnashev R.A. Innovative method of speed endurance development of qualified middle and long distance runners in the circle training. Scientific and theoretical journal of Fan-Sportga, Tashkent, 2020 (8): 3-5

[3]. Olimov M. S. (2021) "A method of special physical training of long-distance runners in Athletics", Eurasian Journal of Sport Science: Vol. 1: Iss. 2, Article 17. Available at: https://uzjournals.edu.uz/eajss/vol1/iss2/17/

[4]. Olimov M.S. (2021) Dynamics shaping of middle-distance runners' physical level. Scientific and theoretical journal of Fan-Sportga, Tashkent, (2): 16-18 [O'rta masofaga yuguruvchi sportchilarda jismoniy tayyorgarlik darajasini shakllanish dinamikasi. Fan-sportga. Ilmiy nazariy jurnal. Toshkent, 2021 y. 2-son. 16-18].

[5]. Soliev I.R., Smurygina L.V., Technologies for preparing long-distances runners to competition. Emergent: Journal of educational discoveries and lifelong learning (EJEDL). 2776-0995 Volume 2, Issue 10, 21-27. https://ejedl.academiascience.org/index.php/ejedl/article/view/144

[6]. Soliev I.R., Khaydarov B., Mirzatillaev I., Khojamkeldiev G., Ziyaev F. (2020) Functional training level of runners student-athletes sprinters. // International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 05, http://www.psychosocial.com/article/PR201878/17061/

[7]. Soliev I.R., Davidova K.R., Azamova G. E. Analysis of the training and management process management system in athletics. Academic Research in Educational Sciences. Volume 2 (1): 17-19