

The Effectiveness of the Preparation of Cyclists in the Uniform Distribution of Training Load in the Annual Cycle

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Abstract: This article discusses the preparation of cyclists-showers, on the basis of selected correlation matrix of tests and tests to optimize the training and competitive load, in the annual training cycle.

Key words: cyclists - highways, load distribution, volume, intensity.

Introduction.

The problem of preparing highly qualified athletes, building a training process is almost impossible without the developed model characteristics in the arsenal, the main ones at the load parameters, the functional and physical training of athletes at the stages of training and in competitive activities. Modeling can be noted, includes the parameters of individual sides of the process of special physical training, the dynamics of indicators and the dynamics of sports result [2.4].

The purpose of the study is the preparation of cyclists-showers in the uniform distribution of the training load in the annual cycle.

Research tasks:

1. Determine the most effective way to distribute training loads in the annual cycle, compared with existing theoretical attitudes, the idea of “aligning” the volume of intensive exercises and “smoothing out” of the total load changes is adopted.

2. To determine the structure of training and competitive loads should ensure an increase in the level of performance of cyclists, their earlier achievement of the state of sports form, as well as the growth of sports results.

Research methods:

1. Analysis of domestic and foreign literature and data of sports practice; 2. Pedagogical observation; 3. Methods of testing and control exercises, competitions; 4. Pedagogical experiment; 5. Methods of mathematical statistics.

The main pedagogical experiment was conducted from 2020-2021. The developed option for

training the cyclists-showers is used in the preparation of students of sports improvement of the Olympic reserve college, Tashkent, as well as cyclists at the State University of Physical Culture and Sports of the city of Chirchik. As part of the pedagogical experiment, preparations were carried out for the championship of Uzbekistan 2020.

Of the 2-year pedagogical experiment in this work, the most important, in our opinion, is the period in the preparation of young athletes, when most of the training time is allocated for special training (February- September 2020-2021)

Training classes in both groups were held 4-5 times a week for 1.5-2 hours. The nature of the special load of training groups was different. The group “experimental” the main volume of special orientation performed with low intensity (40 - 50% of the maximum), with the predominant use of the uniform method of sports training, on small gear rates of the bicycle. At the same time, much attention was paid to improving the pedaling technique and mastering the technical bicycle driving techniques. At the same time, the second “control” group performed a larger volume of special load, but due to its intensity (Table 1).

Table 1.

The proposed distribution of a special training load of cyclists - highways
(average data)

Load	Groups	
	Experimental control	Experimental control
	X cp.	X cp.
Volume (km)	3705	4800
Intensive load (30-50% of the maximum), (km)	2910	2690
Intensive load (70-95% of the maximum) (km)	710	1560
Competitive load (km)	180	386
Forth	2.0	7,8
Competitions	9,2	8,4

The study of anthropometric selection criteria was carried out based on the materials of the research laboratory at the NOC of Uzbekistan, which had a different level of special preparedness. The most informative features that occur in the functional state of the riders of the changes were the heart rate reaction to the temporal tests, the sum of the recovery pulse after the temporal test and the coefficients of special performance and recovery efficiency [1]. These functional features, which are in a certain ratio with indicators of special physical preparedness (the number of pedal speeds), allow more than others to judge the dynamics of the functional state of young cyclists - highways.

The success of sports training largely depends on the control of not only the functional, but also the physical capabilities of the body, especially cyclists [3].

In particular, the coach can, using elementary equipment and a set of tests, regulate the training mode in accordance with the capabilities of athletes.

In our study, we set the tasks of studying a wide range of control tests and choose those that are most closely related to the results in bicycle sports for young cyclists. For this purpose, control tests and testing in the process of sports training have been carried out for two years.

To carry out the test for special endurance, the bikes of conventional configuration with the brake device were used.

The special endurance test was that the cyclist had to pedal at a given pace that he himself controlled by Polar or Garmin. If the pedaling rate has been constantly reduced, then the exercise stopped and the cyclist's operating time was recorded.

The choice of other tests was less complicated, and the experimental verification showed their sufficient level of correlation with the results in competitions.

As a result of a comparative analysis, it seems important to draw the following conclusions:

1. The proposed training technique is based on the selected components: a) intensive training load during the annual cycle (20.02%); The training and competitive load of cyclists of the experimental group is less than 20 hours; b) the special training load in the annual cycle of the experimental group was - 19.78%, control - 28, 46%.

2. The developed optimized methodology for preparing in volume and intensity ensured a higher development of the functional capabilities of the body and the improvement of special physical training of cyclists of the experimental group, which influenced the growth of sports results.

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