



**THE QUESTION OF AN INDIVIDUAL APPROACH TO MANAGING  
THE TRAINING AND TRAINING FACILITIES OF TRACK AND FIELD  
ATHLETES IN THE PREPARATORY STAGE BEFORE THE  
CHAMPIONSHIPS (ON THE EXAMPLE OF MIDDLE-DISTANCE  
RUNNERS)**

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A survey sheet was obtained and summarized from 20 coaches in athletics in order to determine the training methods and tools that are used in practice to educate endurance:

"What styles do you use to train endurance?", 90% of coaches stated that they do not conduct training individually, while 10% of coaches stated that they develop it through cross country and long-distance running.

"Is the individual approach style justified in training?", 85% of coaches answered "Yes", 15% answered "No", and 10% of them left the answer open.

"Are training plans tailored to specific conditions and group composition?", while 63.3% of coaches answered "Yes" and 10% answered "No", 26.7% did not receive an answer at all.

"Are classes held regularly?", while 90% of coaches answered yes, 10% did not.

The survey found that coaches were not of the same opinion on the issues of training organization, planning, use of endurance training tools and techniques. For this reason, this issue is still relevant today and requires a comprehensive search in the future.

Organization of training according to the results of the tests through the heart rate of middle-distance athletes and distribution of the load through this, we conducted experimental work in cooperation with the coaches of the Andijan School of sports,



which specializes in the sports of urban sports and athletics, in order to achieve high results in competitions.

A complex planning graph was developed based on the results of the 4th week test, taking into account the intensity of exercises and Meyer indicators for young boys with middle-distance runners, the amount of running exercises in a mixed, aerobic and anaerobic mode. Athletes have delivered re-test results during the week a more 4-week training through the working graph was carried out.

The style offered by US was recommended to athletes older than him at 14 years. In training, the style of individual approach to athletes was tested in the ISM - athletes training group. It is worth noting that previously, the development of endurance qualities with athletes was not approached individually.

In the development of endurance, physical load and training intensity were established depending on the results of a special test with athletes, and according to this plan, the main goal was to carry out training.

To determine the level of technical training, special movement and physical fitness of athletes, the objectivity, informativeness and science of the tools given by us were checked in advance. When teaching children aged 14 and older to run at medium distance, the main task is to master the technique of running exercises by children, improve general physical fitness, comprehensively improve the body and increase the level of endurance quality from special physical qualities.

In order to conduct training sessions with students of the initial preparatory groups in ISM, we used the middle distance runners' training plan for athletics, which was designed for the ISM - first school year.

Prior to the experiment, 14 years in the initial training group were found to have their anthropometric indicators to determine the physical development of athlete children older than him.

Training with middle-distance runners was carried out 6 days a week for 20 hours for a total of 4 months, with 320 hours of open-air training.



Summing up all the data, we will practically consider in athletics training athletes to approach the anaerobic lactate zone in an individual position and to meticulously train athletes according to the capabilities of this day. Experiments have shown that in training with athletes, we saw in the experiment that the training performed on an individual approach Hal was a number of effective.

**The first obtained results of the experimental guru.**

**Table 1 (01.05.2024.)**

№	I.F.O.	Y the result of the anaerobic metabolism limit test.	X heart rate number (after every run	R anaerobic metabolism limit (pano).	N Growth dynamics of the last running result on the Test Day.
1	Obidjonova X.K.	1. 4 Minutes.40. secund. 2. 4 Minutes. 42. secund. 3. 4 Minutes.32secund. 4. 4 Minutes.21 secund. 5. 3 Minutes 32 secund.	1. 120 2. 130 2. 130 3. 130 4. 200	<b>3,58 secund.</b>	<b>3,32</b>
2	Gulomova S. A.	1. 4 Minutes.41. secund. 2. 4 Minutes. 38. secund. 3. 4Minutes.29secund. 4. 4Minutes.23 secund. 5. 3 Minutes 21 secund.	1. 120 2. 120 3. 150 4. 160 5.200	<b>3,55 secund.</b>	<b>3,21</b>
3	Marufjanova M.G'.	1. 4 Minutes.45. secund.	1. 130 2.140	<b>415 secund.</b>	<b>3,58 secund.</b>

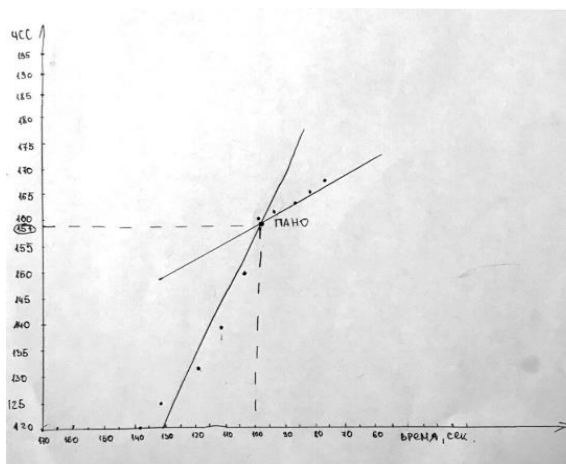


		2. 4 Minutes. 37. secund	3. 150 4. 160		
		3. 4Minutes.35secund. 4. 4Minutes.31 secund. 5. 3 Minutes 58 secund.	5.210		
<b>5</b>	Obidova Sh.O.	1. 4 Minutes.50. secund. 2. 4 Minutes.45 secund. 3. 4 Minutes.45.secund. 4. 4 Minutes. 40 secund. 5. 3 Minutes 32 secund.	1. 130 2. 140 3. 160 4. 165 5. 210	<b>3,58 secund.</b>	<b>3,32 secund.</b>
<b>6</b>	Shokirov N.X.	1. 4 Minutes.41. secund. 2. 4 Minutes.36.secund. 2. 4Minutes.29secund. 3. 4Minutes.23 secund. 4. 3 Minutes 14 secund.	1. 130 2. 140 3. 160 4. 165 5. 200	<b>3,55 secund.</b>	<b>3,14 secund.</b>
<b>7</b>	Abdukaxxorov I.I.	1. 4 Minutes.45. secund. 2. 4 Minutes. 39. Secund. 3. 4Minutes.35secund. 4. 4Minutes.20 secund. 5. 3 Minutes 36 secund.	1. 130 2.140 3. 150 4. 160 5. 190	<b>4,15 secund.</b>	<b>3,36 secund.</b>
<b>8</b>	IMinutesov S.Sh.	1. 4 Minutes.40. secund. 2. 4 Minutes. 42 secund. 3. 4 Minutes.30secund. 4. 4 Minutes.18 secund.	1. 120 2. 130 3. 130 4. 150 5. 195	<b>3,58 secund.</b>	<b>3,32 secund.</b>



		5. 3 Minutes 32 secund.			
<b>9</b>	Jalolov D.V.	1. 4 Minutes.39. secund. 2. 4 Minutes.37.sekund. 3. 4 Minutes.26. secund. 4. 4 Minutes.18. secund. 5. 3 Minutes 16. secund.	1. 120 2. 120 3. 150 4. 60 5. 220	<b>3,55 secund.</b>	<b>3,16 secund.</b>
<b>10</b>	Saidov A.D.	1. 4 Minutes. 45. Secund. 2. 4 Minutes. 44. Secund. 3. 4Minutes. 35secund. 4. 4Minutes. 20 secund. 5. 3 Minutes. 29 secund.	1. 130 2.130 3. 150 4. 160 5. 200	<b>3,45 secund.</b>	<b>3,29 secund.</b>

**Obidzhonova H.K. 2024 01.05. day test result.**





On may 1, 2024, tests were carried out with students from the experimental group to determine the initial “anaerobic metabolism threshold”. According to him, 10 athletes in the experiment were tested by a special test An.M.Ch. (pano)si identified.

Every one athlete An.M.Ch. after determining the load and intensity ranges in training processes with athletes, we learned. In this, we organize training for athletes on a non-exhausting basis (utomlenia). Through this technique, athletes achieve high results with little effort in training. That is, the R in the table is the athlete's present day An.M.Ch. (pano). Athletes during training An.M.Ch. (pano) si grows. That is, depending on the results of the one-time test, training is carried out with athletes in the 4th week, and after the 4th week we get repeated tests with athletes.

### CONCLUSION

Within the framework of the dissertation on the topic” individual approach to developing endurance in athletics training”, the following conclusions were drawn:

In the scientific and scientific and methodological literature, there is not enough data on an individual approach to athletics training.

In the development of endurance qualities in athletics training, the determination of An.M.Ch. with athletes based on their physiological capabilities, and special tests developed by US based on the results of the same test, aimed at forming their movement skills and skills and achieving high results with little effort in developing endurance qualities.

By putting into practice the principle of scientific approach in the organization of weekly and monthly training loads and severity of athletes in training tashillsh, physical loads make it possible to develop the qualities of endurance.



In any athletics training, the scientific approach helps athletes to physically germinate, improve their health, improve their health, and further strengthen their body and general working abilities when amalsha is increased.

In the “special practical test” athletics training, developed within the framework of the study, it became possible to see in practice that the present time is associated with the methods of developing qualities of endurance and is superior in some aspects. In this case, we have implemented a special practical test on the basis of which the indicators of subsistence, climate and anthropometrics of athletes are provided for by ham.

There are a number of styles in the organization of athletics training today, but in this style, we took into account that exactly our climatic conditions, the physiological capabilities of our athletes and their prerequisites are not entirely correct, and in accordance with ourselves, we approached athletes in a new way in determining An.M.Ch., and we proved in experience that this style is precisely

According to the results of the survey, we learned that athletics coaches do not use special practical tests in individual approach to the development of endurance qualities in training, and that training is performed to all athletes in the same range and intensity, and we recommended an individual approach style with athletes in the development of endurance qualities to murabis.

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