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Athletics at a Higher Educational Institution

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ANNOTATION: General patterns of planning in athletics. The structure of modern sports training is built in cycles. Large (macro), medium (meso) and small (micro).Macro is the largest and most complex form of planning. In terms of duration, they are annual and semi-annual, but also multi-year (four-year), i.e. Olympic, are possible. Mesos are components of macrocycles. By duration it is several months, a month, several weeks, i.e. by periods (preparatory, competitive, transitional).Micro are the components of mesocycles. In terms of duration, this is a week or several sessions (training).

KEYWORD: Sports, physical culture, athletics, physical qualities, physical training, standards, training, cycle.

In recent years, the construction of long-term training has become increasingly complex and diverse. The sport is rejuvenated, and the terms of achievement, and the terms of achieving sports results are reduced. The prolongation of the training period and its forcing also have a negative impact on sports results. Both do not allow you to reach the heights of sportsmanship.

It is necessary to take into account that with the growth and development of the body, reaching adulthood, the orientation of training, its tasks, means and methods change, it is also necessary to take into account that the earlier specialization begins, the faster the level of sportsmanship begins and the sports career ends (i.e., a good base of OFP and SFP is needed first). When drawing up a training plan, it is necessary to take into account specific tasks and goals; to determine the ways, forms, means and methods of implementing the set goals and objectives.

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The initial provisions of the construction of long-term training are, the age of the beginning of specialization, the time to achieve a high result, the duration of the period of demonstration of such a result. For the correct construction of the training process, it is necessary to have certain guidelines. One of these benchmarks may be the optimal age limits within which athletes achieve their best results.

For 100-200m runners, experts distinguish three such age zones: the first great successes are 19-21 years (men) and 17-19 years (women), optimal opportunities are 22-24 and 20-22 years, respectively, and high results are 25-26 years 23-25. When drawing up a training plan, it is necessary to take into account specific

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The stage of in-depth training. In the selected form (14-16 years old) basic for the final period of future specialization. Boys and girls at this age mostly complete functional systems that ensure high efficiency of the body. The main tasks are to strengthen the health and comprehensively develop the physical qualities of young athletes, to increase the level of speed and strength training, taking into account the formation of the basic motor skills necessary for a sprinter, running speed increases mainly by increasing the length of steps. There is still a violation of the optimal ratio between the strength of the extensor and flexor muscles of the thigh, lower leg and foot. Asymmetry in the development of strength qualities of various muscle groups reaches the greatest values. In order to maintain the adequacy of the levels of development of strength and speed-strength qualities to the specific requirements of sprinting in the process of special physical training, it is necessary mainly to develop relatively weak flexor muscles of the lower extremities. When improving speed (to avoid the formation of a speed barrier), the exercises used need to be diversified. The weights in strength exercises are most often in the range of 50-70% in relation to the weight of the participants, although in some cases they can reach up to 100%.ry. A multi-year plan is drawn up for a different number of years, depending on the age and physical fitness of the athlete. In such a plan, goals, objectives and means are determined by year. The main goal of the athlete's multi-year plan is to achieve high rates of growth of sportsmanship and the level of sports results that would meet modern requirements.

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At the stage of in-depth training, the volume and intensity of training loads increases, specialized work is carried out to educate physical qualities and improve sports equipment, the number of competitions increases, i.e. the training process, despite a significant part of general physical training (30-40%), acquires the features of in-depth sports specialization. The loads at this stage should be, on the one hand, adequate to the age characteristics of young athletes, and on the other – focused on the level characteristic of the highest sportsmanship.

Compared with the stage of initial sports specialization, the volume of training loads increases by 100-150 (see Table 2), sports results improve by 5-9% (see Table. 1) strength qualities of various muscle groups increase by 40-80%, speed strength – by 20-50%. Adolescence replaces the period of childhood, which is characterized by a relatively calm and even growth in human development.

During the period of puberty there is a rapid development of the whole organism. The proof of this is a significant increase in height, weight, chest circumference and musculature, increased work of the heart, profound changes in the activity of the central nervous system, especially in the activity of the sex glands. The vertebral column is the main part of the musculoskeletal system of the child's trunk. The skeleton of the upper and lower extremities is formed in children at different rates, so by the age of 13, ossification of the carpal and metacarpal parts of the hands is completed.

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It is necessary to increase the level of functionality, create a reserve of various skills and abilities, master the technique of various types of athletics, this is helped by games and game exercises with a high-speed orientation, various relay races, complexes of special preparatory exercises, jumping and strength exercises, exercises on training devices.At this stage, general physical training is given 70-80%, special – 20-30% of the total amount of exercises used. The volume of training loads should gradually increase, but without forcing the intensity. The number of competitions increases somewhat, which are considered not as an end in itself, but as one of the training means.

Compared to the pre - training stage , the volume of training loads increases by 10-30 % , and sports results at the main sprint distances improve by only 4-6 % . The indicators of maximum strength of various muscle groups increase significantly (by 20-55%), and speed-strength indicators increase by only 5-7%.

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