

### The Quality of the Methodology for the Development of Long-Distance and Endurance Athletes Who Ran a Marathon

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#### ANNOTATION

*This article provides information on the annual training of long and marathon distance runners in athletics in the development of endurance qualities.*

Especially of our country's population, the future of the young generation the arrival of mass physical culture and sports with the type of current to be constantly engaged to create the conditions for the requirements of the times, a high level of sports training in the organization, management and planning of the training process, among them the talented, looking for promising athletes and selection on the basis of the stage of preparation to find the many years of extensive work is being carried out in the field of directing.

Aerobic preparation of the annual marathon runners in the first year of 1600-2000 miles long and downloads made of 300 km in mixed mode is carried out. Anaerobic mode of downloads that can be completed 100 shows distance yugurush. Km equal size in the second year of preparation aerobic downloads 2200-2600 if it's downloads can be done 500 miles in mixed mode. You can complete the anaerobic pm at 120-125 km downloads while in normal mode. In the third year since the aerobic mode 2800-3400 downloads km form the mixture, while in the anaerobic mode of 600 km 150 km.pm downloads that can be completed was showing. 3400-3800 miles in 3 years of preparation, 4-anaerobic aerobic downloads while in the year 3000 miles of 600-800 km in mixed mode mode performs downloads. Sports a function of the training phase, full-fledged physical fundament preparation (foundation) to create. This is mainly the preparation of 3 and 4-

year average according to the running cross on the basis of the overall size of 2000 miles/pm, show jumping exercise of 10-12 miles.consisting of that should be from. Meaningful 30-40 hours consists of different games.

Marathon runners running downloads the analysis of various regional and long special formations has shown that a severe means sessions in preparation for the annual in the annual cycle of the total volume of distribution through rasional somewhat by 20% to reduce demonstrates.

This is in preparation for many years (including a thorough specialization phase) in relation to the cultivation of higher sports skills is based on aspects such as physical quality and targeted orientation.

In the annual cycle of training in different direction, the volume of downloads rasional conformity experience in the practice of sports did not allow the results of applying not only to grow, but later it's like to serve the results of the development of their sport.

The research conducted as a result of long and sports uniforms marathon runners (sports ability) retain the formation and properties of speed-power tools, which serve to show more strength in character qo'lash have indicated the need in the sport.

In the international arena (arenada in review (competitions) conditions to the process of sports adaptasiya a high level of skill through training modeling competition series out in the small pre-indicates that the form should be One of the effective ways for improvement of the system of training athletes – training to prepare for these competitions is to optimize the management process in the closing stages. The final result at this stage to achieve the effective management of the training is to ensure that all the prep work muaffaqiyatini shows.

Also the size of the effects of training in the management of sports training, also severe, the content is also involved in the body orientation also occurred real (real) and think they found miles is dependent on the process and expected due to load up and many many tons weight, and review several times repeated attempts, turn-by-turn of the race distance or interval on the basis of the incisions to overcome, often mezo-, makro-, and mezosikll clear anything with numbers, but not by coaches and athletes looking real management will go.

Create new theoretical and methodological values of sports training and motivation in the development of important scientific terms-knowledge of various fields of sports and technological single scientific-technological research and in the space of athletes and training of potential conflict and effective chances are you restore the ability to minimize the errors in the character mode, and his work is mainly pedagogical downloads (reduce)individual sport out of many years of preparation to strictly oriented strategies and tactics aimed at regular is the integration of the activities.

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