

METHODOLOGY OF ORGANIZATION OF MIDDLE RUNNING TRAINING IN ATHLETICS

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Annotation: *The article examines the types and processes of practical training in middle distance running by the type of athletics. The processes of practical training of middle distance runners and the forms of organizing practical classes are, analyzed. Discussions were, also held on the methods and principles of improving technical and tactical skills, the development of physical qualities, which are the main goals and objectives of practical training of middle-distance runners.*

Keywords: *Athletics, running, medium distances, spot, training, distance, athlete, technician, runner.*

Forming a healthy lifestyle in society, improving the health of the population strengthening, educating a physically healthy and spiritually rich young generation, achieving regular serious participation of citizens in physical culture and sports are among the most pressing issues of today. Millions of people are improving their health by walking and running. Athletics is called the “Queen of Sports”. Is this kind of sport worthy of this very high-flying phrase? you think. We see that there is a great deal of meaning behind this word. The great thinker Abu Ali ibn Sina made effective use of gymnastics, swimming, wrestling, as well as brisk walking, running, jumping, javelin throwing, and stone-lifting exercises in the treatment of patients. Our great ancestor Amur Temur used athletics, cross-country running, javelin throwing, stone throwing, and hurdle training to train his soldiers to be physically strong, agile, and resilient. [1]

In the first steps, his body is more bent, and then slowly recovers. The width of the steps increases, the speed of the run increases, the athlete increases the speed and in a short time wins the free run. Running the distance. When running long distances, the body is straight or slightly bent (5-7 °). [2]

When running medium distances, the tilt angle is about 50-55 °. When the deisinsph is straight, the pelvis is slightly protruding, and the bent limb is parallel to the number of depressed legs. The rapid advance of the swaying foot facilitates depressing. In the best mid-distance runners, the number of swing legs is raised to a horizontal level. Medium-distance runners, on the other hand, do not expect much from the number of shaking legs. The leg muscles (quadriceps, thighs, and other muscles in the thigh) that complete the depressing are relaxed during flight, and the leg bends at the knee joint and moves quickly forward. [3]

The most important thing in flight is to maintain the balance and relaxation of the body. In the middle distance, the athlete takes 170-220 steps per minute. The length of

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the step of a middle-distance runner is not the same even in an athlete. It depends on fatigue, not being able to run a thiocy in some distance, the quality of the track, the wind and the mood of the athlete. A step with a strong foot is usually longer than a step with a weak foot. Tent length 160-215cm. The ability to increase the running speed by setting the step wider will be limited because it requires a lot of force. [4]

Turning has some similar features of running technique: the body is tilted to the left, the sidewalk is slightly tilted, the right arm moves wider than the left arm, the elbow of the right hand protrudes more to the side, and the sole of the right foot turns slightly inward and falls to the ground. As a result of running at high speeds, the body's need for oxygen increases; Oxygen consumption is up to 4-5 liters per minute, and air exchange in the lungs is up to 100-120 liters per minute and more. This is why it is so important to breathe properly while running. The increase in oxygen demand is mainly due to the increase in respiratory rate.

The main factor is to improve the skills of movement and the formation of skills that create the conditions. In the first stage, it is important to increase the morale of runners, the general level of willpower, which will ensure the success of sports activities, the training of athlete-specific diligence. Competition period - the structure of this period can be simple and complex. It consists of small cycles of race and load selection.

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