

EFFECTIVENESS OF DEVELOPMENT OF MIDDLE RUNNERS IN SECONDARY SCHOOLS ON THE BASIS OF NEW TECHNOLOGIES

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Annotation: This article provides information on the effectiveness of the development of new technologies based on new technologies in secondary schools.

Keywords: middle distance, running, healthy, young generation, sports, athletics

Physical education and sports play an important role in the development of the younger generation to be physically healthy and mentally mature. The attention to the development of physical culture and sports in our country has risen to the level of state policy. Legislation in this area opens a wide way for the development of physical culture and sports. The head of our state Shavkat Miromonovich Mirziyoyev has been emphasizing at prestigious gatherings that sports have become an integral part of the education system of our country. Consistent development of sports in line with education has been identified as one of the priorities of the state policy for the independent development of our country. Today, sport is a factor in educating a person and a source of revealing his abilities. Modern sports, a high level of scientific and methodological knowledge, record-breaking growth of results - all this places high demands on the work of the coach, who is a central figure in the process of training and education. During the years of independence, a lot of work has been done in this direction. The necessary conditions have been created for the population, especially the younger generation, to engage in regular physical culture and mass sports. Modern sports complexes have been built in cities and villages. "Umid Nihollari", "Barkamol Avlod" and "Universiada" competitions have become a means of introducing young people to mass sports and a healthy lifestyle. A continuous system has been created for the selection of talented children and the training of professional athletes. Boys and girls, whose abilities are highlighted in secondary schools and children's sports complexes, are enrolled in children's and youth sports schools and sports colleges and are brought up on the basis of professional approaches. He is improving his skills in higher education and training sessions.

The decree of President Shavkat Mirziyoyev dated February 15 this year "On measures to further improve the management system in the field of culture and sports" has launched a new era in the development of sports in our country. Achieving high results in the international arena in sports requires not only the use of advanced technologies in the educational process, but also to bring the methodological support to the level of demand. Many leading scholars have worked and developed textbooks to improve the teaching and learning methodology of athletics. Among them are N.G.Ozolin, Yu.G.Travin, V.P.Filin, L.S.Khomenkov, V.I.Voronin, E.N.Matveyev,

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Yu.N.Primakov, H.T.Rafie, G.G.Arzumanov, A.Malikhina, K.T.Shakirjanova, R.Q.Qudratov, E.R.Andress. Athletics is widely used in the development of young people, strengthening their health, improving their level of training and building their willpower. We know that athletics exercises are diverse, with 47 gold medals in the sport from the World Championships and Olympics program, all of which are "classic" events.

The history of medium-distance running is closely linked to the history of human society. Mankind has been involved in running since its inception. The great thinker Abu Ali ibn Sina used it extensively in treating patients with walking, running, jumping, swimming and gymnastic exercises. We know from history that the great commander Amur Temur used the types of running in water, sandy, low, high places, climbing hills in different conditions to increase the physical fitness of his army. According to ancient Greek legends, the ancient Greek warrior Hercules organized a running race among the brothers in honor of his victory over King Avgiem. The runner-up measured the venue with 600 feet and called the distance a long stadium. The stadium is 192.27 m long, and the first running competitions were held there. Medium-distance running Hypopic long-distance runners are called hypitodramos.

Medium distances include 800 m and 1,500 m, and long distances include 3,000 m to 10,000 m. They are held in the stadium or at cross distances. The running process can be divided into: speed from start and start, distance running and finish. The basics of running technique are the most conservative and have not changed significantly over the centuries. Research on the individual technique of leading athletes has led to only minor changes. More repetitive, variable, smooth, and control methods are used to increase running speed and endurance. In recent years, a variable method called fartlek (running game) has become more popular. Irregular accelerations occur in the Fartlek, and their intensity and distance can vary. Fartlek is held mainly in the open, in groups and individually. Serial running is now widely used. For example, after 3-4X300 m, run 200 meters slowly (series), then rest for a few minutes: walk or run very slowly. There can be several such series. They can be the same or different in terms of the length of the distance and the speed of running that distance. A control run is held a few days or a week before the race to see if the runner is exercising and is able to distribute power over the distance. This type of running is usually shorter than the training distance (for example, 600 m for 800 m runners, 1200 m for 1500 m runners, 3000 m for 5000 m runners; control running distance for women running 400 m - 300 m. Both control and running are equally good tools to increase the result. Thus, athletes who run medium distances are required to have a special level of endurance, that is, under conditions of partial changes in running speed (gaining speed during start, distance Aspiration to move forward, acceleration at the distance to the finish line) is required to cover the entire distance at the maximum high tempo for himself. That's why athletes who run medium distances train The exercises include exercises with a load, exercises on gymnastic projectiles, various jumps and speed-strength exercises.

In summary, women with mixed aerobic-anaerobic loads should be used more in medium-distance running, with a range of 1,000 km for girls and 3,000-4,000 km for

women, annually. In this type of athletics, the main increase in the amount of running in a women's cycle occurs between the ages of 14 and 15, and stabilizes around the age of 16. This is especially true for girls with anthropometric features: body length and weight, chest circumference, etc.

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