



ISSN: 2249-7315

Vol. 11, Issue 9, September 2021

SJIF –Impact Factor = 8.037 (2021)

DOI: 10.5958/2249-7315.2021.00057.5

**TECHNOLOGY OF DISTRIBUTION AND CONTROL OF TRAINING
LOADS OF CADETS AND TRAINEES AT THE STAGES OF
ATHLETICS TRAINING**

Bekhzod Kochqarovich Daminov*

*Lieutenant Colonel,
Head of the Department of “Physical Education”,
Higher Military Aviation School of the Republic of UZBEKISTAN
Email id: daminovbehzod5@gmail.com

ABSTRACT

This article defines the distribution of training loads and training process management technology for short, medium and long distance runners in training steps for athletes. The study found that the total load in the medium and long distance races was aerobic, mixed and anaerobic. This means that the distribution of training loads in short, medium and long distance athletics needs to be improved from year to year. To do this, of course, the prospect of talent in the stages and periods of training requires the search for athletes among cadets and trainees, effective planning of training and management of sports training with them on the basis of new technologies.

KEYWORDS: *Athlete, Cadet And Audience, Training, Management Technology, Load Intensity Zone, Initial, Beginner Specialization, Advanced Specialization, Sports Improvement Specialization, Short, Medium And Long Distances.*

REFERENCES

1. V.V. Ivochkin, Y.G. Travin, G.N. Karolev, G.I. Semaev. (2004) “Track and field athletics program, middle and long distance running, race walking”. – Moscow.- p. 107.
2. Verkhoshanskiy Y.V. (1988) Endurance as a Factor Determining Movement in Cyclic Sports. Scientificandsportsbulletin. – Moscow. # 1. – pp. 15-20.
3. Gordon S.M. (2008) Sports training. – Moscow. – pp. 215-264.
4. Guba V.P., Nikitushkin V.G., Kvashuk P.V. (1997) Individual characteristics of young athletes. – Smolensk: Inform.Agency. – p. 244.
5. Ivochkin V.V., Travin Yu.G., Korolev G.N., Semaeva G.N. (2009) Athletics: middle and long distance running, race walking: An exemplary sports training program for children and youth sports schools, specialized children and youth Olympic reserves schools. – Moscow: Sovietsport. – p. 108.

6. Nikitushkin V.G., Kvashuk P.V., Bauer V.G. (2005) Organizational and methodological foundations of training a sports reserve: Monograph. –Moscow: Sovietsport. – p. 232.