Planning the Training Loads of Many Years of Preparatory Stages in Wrestlers

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ABSTRACT

The purpose of this article is to develop a program of preparation for Responsible competitions through the rational planning of training loads at the stages of many years of preparation of qualified wrestlers engaged in wrestling.

The volume of downloads was given, which varied in the preparatory stages of the wrestlers. In this case, the level of indicators was determined, the norms of the volume of downloads were established. The norms of load capacity were determined in combination with such descriptions as the task of training, the direction of loads for the day of training (rapid normalization) macrocycle (daily normalization), as well as specialization. In order to increase the volume of training, the wrestlers of the experimental group used the developed norms of the volume of downloads for rapid and daily normalization, and also used the combination of load in the direction of guidance in training macrocycles. By us, it was introduced into the study as a training program developed by identifying and evaluating the many years of training invasions of athletes. The condition of the wrestlers up to the stages of many years of training was determined, and the planning and preparation program of training loads optimized for the period of training qualified wrestlers was developed and allowed to win responsible competitions.

Keywords: wrestling, load, training, method, level, intensity, optimal.

Introduction. The effectiveness of training qualified wrestlers in multi-year preparatory stages in single wrestlers is determined by the principle of increasing the volume and intensity of the load applied in priority in the "wavy" direction depending on the age, gender, level of sports and the possibilities of physical training of the performer. And the development of physical qualities and the effective formation of technical and tactical skills of wrestlers based on the characteristics of each sport is based on the essence, content, direction and number of repetitions of training loads. In this regard, the target planning of the ratio of loads belonging to the types of training of wrestlers and the determination of their optimal amount is of decisive importance.

In sports practice, it requires proof that the training loads used in the stages of many years of training are in accordance with the specifics of the selected sports in terms of their essence and content [2,3,4].

The effectiveness of training qualified athletes in single wrestlers is associated with the formation of physical qualities and technical and tactical skills proportionally and proportionally to each other [2,3,4,5,6,7].

Research findings and discussion. The Uzbek wrestling, recognized today throughout the world, also has its own methods of action (Attack, counterattack, defense methods) and technical skills, in which the possibility of achieving high results is based on measures for

the targeted design and application of specialized physical and technical-tactical loads. In addition, the level of recovery of the body after many years of preparatory stages of wrestlers after exposure to various loads is currently one of the pressing problems. We used S.P. Letunov's updated test below to increase the intensity of training tasks.

After performing the recommended series of exercises, a rest interval of 1 min, lasting up to 30 seconds, was given. You in the same time heart rate 120 beats/ min. if it decreases up and down from it, it is necessary to continue the load in high intensity. If the incidence does not decrease to this level, it is necessary to extend the rest time.

As a specialized download for anaerobic-alactate, anaerobic-glycolytic and mixed aerobic-anaerobic downloads, we recommend using:

- strikes on operational methods, as well as a specific time: 10 s, 20 s, 30 s, 1 min, the maximum number of strikes;
- tactical ways of preparing methods are methods of getting out of balance in the opponent's resistance at different levels, special training exercises of struggle, performing throws in a similar way with a hint, etc.
- relief from interceptions in a given time interval (10 s, 20 s, 30 s, 1 min, 2 min, 3 min), application of anti-attack actions, etc.
- conducting quick competitions in a short time (1 min, 2 min).

Based on the opinions expressed above, taking into account the results of the duration of recovery of organism to the initial level made it possible to determine the norm of training loads that are given for training tasks.

Dynamics of recovery of the organism of athletes of the experimental group after exposure to various loads (P<0.01)

N	Loads direction	Recovery time (min)																	
		To initial level						heart rate 150 / min.up to						heart rate 120 / min.up to					
		Number of repeat series																	
		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
1.	Anaerobic-alactate (Heart contraction rate 200/min.up to)	-	-	2 ± 3	4± 5	5± 6	6 up to	-	-	0,2	0, 5	1	1, 5	-	0, 5	0,5 ±1	1± 1,5	2	2
2.	Anaerobic-alactate (Heart contraction rate 200/min.up to)	-	2± 3	3 ± 4	4± 5	6 up to	-	-	0, 3	0,3± 0,5	0, 5	1 ± 2	2	-	0, 4	0,5	0,5 ±1	1± 1,5	2± 3
3.	Mixed anaerobic-aerobic (Heart contraction rate 174 min.up to)	1	2± 3	4 ± 5	-	-	-	0 , 3	0, 5	0,5± 1,0	1, 0	-	-	0, 5	0, 5± 1	1±1 ,5	2 up to	2± 3	2± 3

4.	Aerob (Heart contraction rate 174 min.up to)	2	3±2	4	-	-	-	0,5	0,5±1	1,0	1,5 up to	-	-	1,0	1,5	1,5	2	-	-

Dynamics of recovery of the organism of athletes of the control group after exposure to various loads (P<0.01)

т\п	Loads direction	Recovery time (min)																	
		To initial level						heart rate 150/ min.up to						heart rate 120 / min.up to					
		Number of repeat series																	
		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
1.	Anaerobic-alactate (Heart contraction rate 200/min.up to)	-	-	3±4	5±6	7 up to	-	-	0,2	0,5±1,0	1,0	1±1,5	-	-	0,5±1,0	1,0	1±1,5	1,5±2	-
2.	Anaerobic-alactate (Heart contraction rate 200/min.up to)	-	2±3	4±4	5±6	7 up to	-	-	0,3	0,5 up to	0,5±1,0	1±2	3	-	0,5	0,5±1,0	1±1,5	2	2±3
3.	Mixed anaerobic-aerobic (Heart contraction rate 174 min.up to)	1,0	3	6	-	-	-	0,5	0,5±1,0	1,0±1,5	1,5	2	2,5	0,5±1,0	1,0	1,5	2	2,5	3
4.	Aerob (Heart contraction rate 174 min.up to)	2,5	4	5	-	-	-	0,5	1	1,5	1,5±2	-	-	1,0	1,5±2	2	3	-	-

Figure 1. The dynamics of the recovery of the organism of student wrestlers after the effects of anaerobic-alactate downloads.

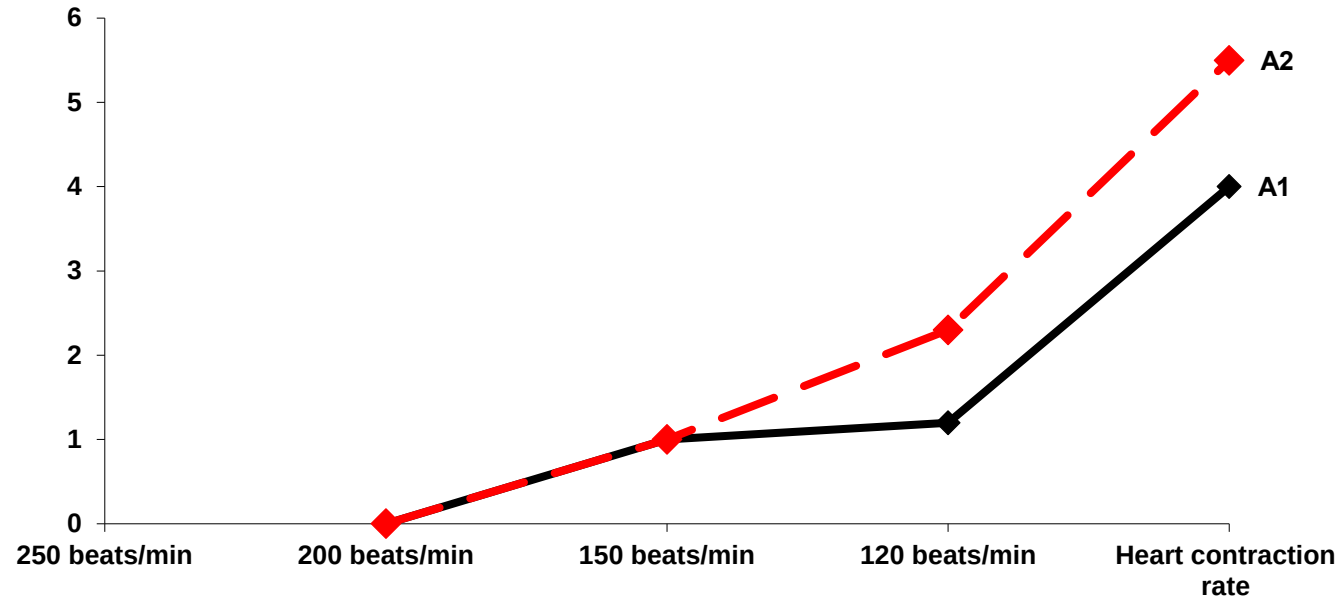


Figure 2. Dynamics of recovery of the organism of student wrestlers after exposure to anaerobic-glycolytic loads.

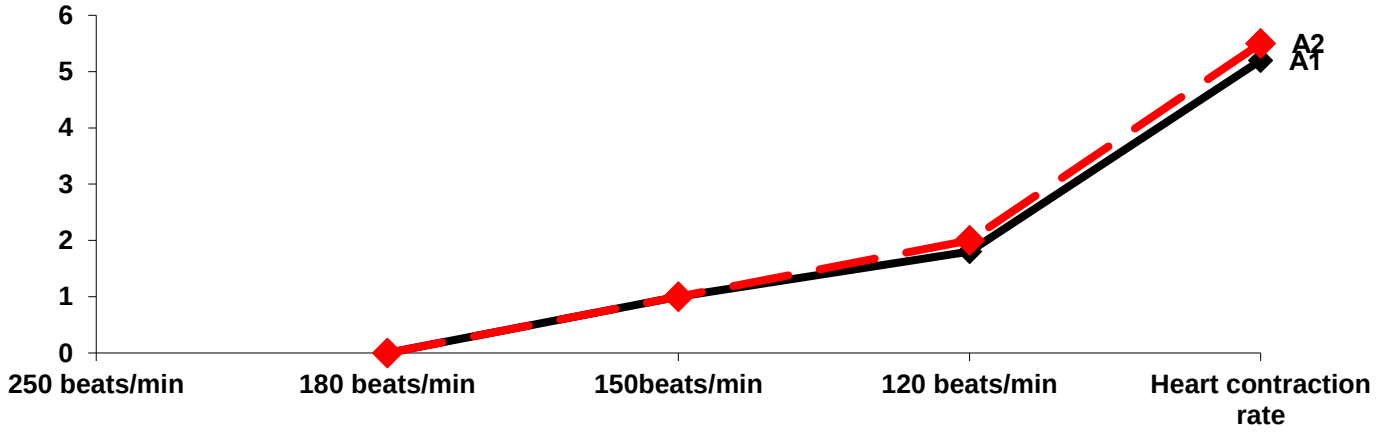


Figure 3. The dynamics of the recovery of the organism of student wrestlers after exposure to anaerobic-aerobic downloads

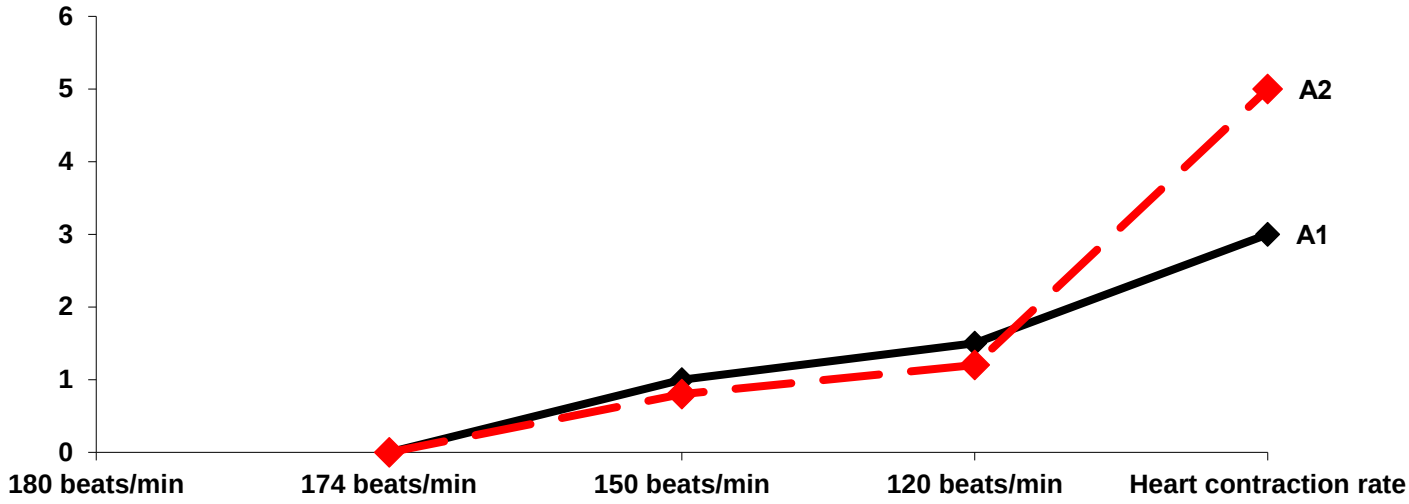
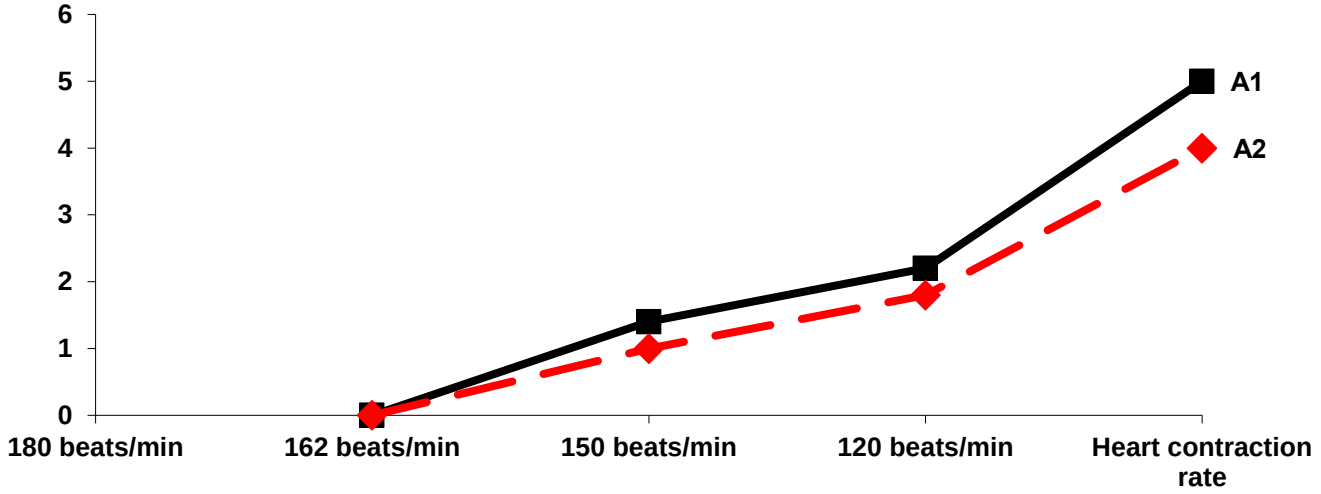


Figure 4. The dynamics of the recovery of the organism of student wrestlers after the impact of anaerobic downloads.



Note: _ _ _ _

_ _ A1 - experience group

- - - - - - A2-control group

By controlling the size of the downloads based on the experiments carried out above, it was necessary to develop a rational plan for rationing fighters during the training.

It is the wrestling sport that is considered one of the sports that requires rational planning of physical qualities and training loads. Based on the results of the research carried out, a general volume plan of training loading of wrestlers was developed at the stages of many years of preparation.

A general volume plan of training loadouts in multi-year preparatory stages for qualified wrestlers.

T / r	Stage name and type of weekly MTS	Load size
1	**2**	**3**
1.1	Development of special aerobic capabilities of wrestlers	3400-3620 submaximal
1.2	Development of basic techniques in anaerobic-aerobic (mixed) directional mode	3600 submaximal
1.3	Development of basic techniques in the mode of anaerobic-lactate and aerobic-glycolytic orientation	3780-4000 maximal
1.4	Recovery MTS (he.R.M. sports games, running, swimming, etc, as well as, the development of the base technique in the sluggish fierce zone)	1300-1600 middle
1.5	Development of non-specialized absolute power capabilities	2600 large
1.6	General non-specialized rapid capacity development	3800 maximal
1.7	Development of base technique in mixed direction mode	1650 middle
1.8	Development of Special Force capabilities	3750 submaximal
1.9	Development of special speed intensity and MF level	4000 maximal
1.10	Recovery MTS (non-specialized general exercises)	1000 small
1.11	The development of special coordination abilities of wrestlers is carried out by complex combinations, tactical preparatory actions, programmatic dynamic states, etc.	2600 large
1.12	Improving technical-tactical skills and increasing the level of MF	4000 up to maximal
1.13	Recovery MTS	1650 middle
1.14	Control MTS. TTT and MF level control	4000 up to maximal
1.15	Development of general coordination and base techniques	2600 up to large
1.16	Development of special coordination abilities	2600 up to large

II. Special preparation stage of the competition period. 2 months

2.1	Control and preparation MTS training and competition competitions	3800 maximal
2.2	Approaching MTS, fierce MF, training competitions of various tasks, modeling of the competitions ahead	3600 maximal
2.3	Recovery MTS. Aerobic specialty non-specialized loading	1600 middle
2.4	Evolution of special coordination abilities in conditions of high intensity loads	4000 maximal
2.5	Further evolution of technical and tactical skills. Development of Special Force capabilities	3600 submaximal
2.6	Develop special speed capabilities and coordination abilities.All exercises are performed mainly at high speed	3700 submaximal
2.7	Recovery MTS. Aerobic featured downloads	1650 middle

III. Stage of direct preparation for the competition. 1 month

3.1	Development of technical and tactical skills, modeling of the upcoming competitions	3750 submaximal
3.2	Increasing the level of MF. Control, training and exercise competitions. Modeling the competitions of the opponent ahead	4000 maximal
3.3	Recovery MTS. Specialized download	1000 small
3.4	Technical-tactical skills, complex offensive actions, improving tactics in different direction modes	3750 submaximal
3.5	MF Development, Control training competitions	4000 maximal
3.6	As you approach the competition, reduce the downloads from maximum (Day 1 and 2) to mid (day 3 and 4) as well as small (day 5 and 6)	3000 submaximal

As can be seen from the table, according to the preliminary results of the experiments, the exhaustion levels of wrestlers, recovery processes after optimized training loads, and indicators of the general and special physical training of wrestlers were determined. Based on the results of the experiments, a plan of the total volume of training loads in the preparatory process for wrestlers was developed and applied in the practice of the experimental group. This preparation plan consisted of Phase III, including a 6-month macrocycle.

Stage I is a special preparatory stage of preparation.

Stage II is a special preparatory stage of the period of competition activity.

Stage III stage of preparation for direct competition.

The general volume plan of training loads of these preparatory processes was applied in the experimental group during the preparation process. Then the dynamics of the level of indicators of general and special physical training of both group wrestlers at the beginning of the experiment and at the beginning of the experiment is assessed. And this is due to the fact that the state of the wrestlers up to the training periods shows that optimized training loads during the

training period of qualified wrestlers made it possible to achieve significant changes and achievements in competitions.

Conclusion

From the above points of view, it can be said that in the multi-year preparatory stages of highly qualified wrestlers, a training plan was developed through the planning and control of training loads. Exercises, methods were prescribed for the training tasks of wrestlers. A set of relevant training tasks, training systems with different goals were identified. Above the training days, the preparation provides practical assistance to the development of a load planning structure for the phases of cycles. At the next stage of our study, the levels of downloads for MTS weekly and monthly were determined in the training processes. In the initial experiment, the structure of the training of wrestlers was checked and evacuated in connection with each other and in connection with the intensity of the downloads being applied. The analysis of the statistical relationship of the intensity of the loads of the training load between the indicators of the training of wrestlers determined the following. To a large extent, there is a statistical correlation between wrestlers using optimized training loads, as well as training indicators. This suggests that the means of mixed aerobic and anaerobic orientation in the training of wrestlers have a relatively large efficiency. Data analysis shows that the intensity of downloads allows fighters to determine the amount of exposure to mainly (MF) indicators. Such an analysis has a positive effect on the planning of downloads and the targeted and rational conduct of the training process during the preparation of wrestlers for Responsible competitions. In addition, the dynamics of recovery of fighters after exposure to various downloads was determined. It was determined how much time the wrestlers were ready for the next training load after the various load lines.

The preparation developed by US considers it urgent and necessary to substantiate the MTS program in the experiment and introduce the results of the study into the educational and training processes of the wrestlers.

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