



# Planning Annual Training for Runners Running Over Obstacles

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## ABSTRACT

This article focuses on the accuracy of the loads given to athletes and the perfect study of the technique of running over obstacles when planning the annual training of runners over hurdles. The article analyzes the scientific literature and research.

### Keywords:

excellent running technique, speed, special endurance, agility, flexibility, alactate-anaerobic, anaerobic-glycolytic, mixed anaerobic-aerobic, scientific, methodological, literature, downloads.

Running at a speed of 400 m / s is one of the most difficult exercises of the running type, which places extremely high demands on the athlete's body. To achieve high athletic results at this distance, one must have perfect running technique, a high level of development of speed qualities, speed and special endurance, as well as agility and flexibility. The 400 m/s distance can be covered at very high speeds (92-96% of the 400 m run speed without obstacles). Placement of barriers: the first barrier is up to 45 m, the distance between the barriers is 35 m, and the height of the barrier is 91.4 cm. The need to overcome them in a straight line and turn, running against the background of intense fatigue in the last quarter of the distance, which determines the specifics of the technique of crossing obstacles for a distance of 400 m and the technical skills of passers-by factors. The technique of overcoming obstacles at a speed of 400 m/s is practically indistinguishable from the technique of overcoming obstacles over short distances due to its main features. The results of various studies (V.G. Alabin, M.I. Dolgiy, A.V. Karasev, V.V. Stepanov, M.M. Maisutovich, C. Gevat) show that the performance of sports in the 400-meter hurdles depends in many respects on

the level of development of special endurance. However, there are currently no effective methods of development in the scientific and methodological literature, but it can be seen that it focuses more on the development of physical qualities than literary sources. Shooting over 400 meters in training is considered to be the most effective means of developing special endurance. Exercise planning is based on the classification of exercises based on the calculation of loads. Mechanisms of energy supply of muscle activity. Such classification includes the division of the given loads into four power zones (directions accordingly): alactate-anaerobic, anaerobic-glycolytic, mixed anaerobic-aerobic and aerobic (N.I.Volkov, A.L.Novikov, M.R.Smirnov). An analysis of the scientific and methodological literature suggests that the use of sufficiently large loads in the teaching of barriers aerobic loads tends to increase both the preparatory and competitive periods of the annual training cycle, the volume of the main loads alactate-anaerobic competition preparation period. The volumes of the main loads are anaerobic-glycolytic and mixed anaerobic-aerobic direction they are very different and have been recommended by a group of scientists to be considered in detail. To study

the possibility of using standard methods, groups and definitions aimed at developing special endurance are conducted in the annual cycle of training runners on the 400 m hurdles, the optimal ratio of loads in different directions. Studies have shown that as the runners continued for three weeks, the 400 m barriers carried large loads of anaerobic glycolytic direction. On days 1, 3, and 5 of the micro cycle, 7-7-day-long, long segments ran 100-300 m with an intensity of 91-95%. In addition, the structure and content of these exercises in week 1, 2, and 3 of the experiment used the standard exercise method. The rest of the microcycle is spent training with adults, and the average loads are high speed, power, speed-power, and technical orientation. This study was conducted during the annual training cycle of the competition, so smoother running and hurdles were carried out in the zone of anaerobic-glycolytic energy supply. Trainers working with smears should follow the principle of an appropriate combination of all qualities and methods of overcoming obstacles, so wait until the end of the sensitive zones of influence (including, taking into account the biological age of runners) individual aspects of motor skills, a natural increase in the level of development of all the constituent qualities and therefore it is too late to start specialization. In this regard, it is better to conduct the training process from the beginning by individualizing it. First of all, runners should be tested on each leading indicator and throughout the entire annual cycle, not limited to monitoring the current work-oriented directional tests, as this is very important. Obtain information about the characteristics of the delayed effect or the indirect effect of different actions on the whole complex of indicators. With this information, it is possible to build future work, not randomly. It may be recommended to supplement it with tests of rhythmic and technical composition, as well as strength tests. Particular attention should be paid to the individual reactions of the athlete to various combinations of exercises, such as "strength-endurance", "speed-endurance", "speed-resistance barrier technique" and others. For each athlete, these connections are more ambiguous than the generalized ideas about the compatibility or opposition of such pairs adopted

in athletics methodology or sports theory (B. Yushko, 1987, etc.), so that each runner needs to be adapted to the different structures of the training. During the race, it should be taken into account that if the calendar plan does not include the minimum starts required for training as a result of running (even for 400 m hurdles with learned skill level obstacles) at least 10), then you have to cover the full distance in special competitions - calculations, but even these starts should be planned no more than 4-5 weeks in a row, and then be the general rule for all need the pull-up micro-preparation cycle provides one or three (separate lagging) preparation components.

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