
EFFECTIVENESS OF IMPROVING THE TECHNICAL AND TACTICAL MOVEMENTS OF MIDDLE-DISTANCE RUNNERS

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Annotation: This article provides a scientific justification of the main aspects of the technical and tactical actions of middle-distance runners.

Keywords: Physical training, sports, technical-tactical movements, medium distance, long-distance runner, special endurance.

Playing an important role in the development of social culture and personality, sport has become not only a means of strengthening health and improving physical skills, but also a faithful helper in achieving current goals such as spiritual adaptation, social adaptation, professionalism, mastery.

The President and the Government of the country strengthen the health of the population, form a healthy lifestyle, meet the interests and needs of our people to play sports more and more consistently, make many decisions and laws, take into account the changing social conditions and personal characteristics. Further involvement of young people in sports, steps to achieve the lofty goals of educating them as citizens with highly developed physical, psychological and mental qualities that are fully developed in all respects. Therefore, the main goal of physical culture and sports is to improve the physical and mental health of a person and to train highly qualified athletes.

Athletics is an increasingly popular sport in Uzbekistan, which plays an important social role in educating the younger generation, helping them to develop as loyal citizens and individuals. The government pays special attention to its further development and popularization among our people.

Today, the growing number of results in the world arenas requires a radical reform of the system of training athletes. Indeed, athletes' athletic performance is a measure of how well they are shaped in their annual training.

In the process of analyzing the results of sports in the world arenas, we came to the conclusion that the correct distribution of loads in the improvement of sports results is characterized by a high level of sports training, as well as well-formed functional indicators. However, in sports training, their technical training is one of the main factors in improving sports performance, because the better the running technique, the more beautiful and economical they run. In doing so, he makes effective use of two factors, firstly, a beautiful run saves energy, and secondly, it saves energy, which directly contributes to the improvement of sports results. In our research, we studied the running technique of athletes on the basis of pedagogical observation, according to which we can see that foreign athletes have mastered the running technique at an excellent level. But we can see that there are specific shortcomings in the mastery of running technique by our athletes. In the process of running them, we see that

the running step is to put the foot on the ground starting from the heel. This condition definitely has a direct effect on sports stool. For example, it takes a certain 0.1-0.2 seconds before the heel is straightened and the foot is restored. If we calculate this situation for each kilometer, we can see that they spontaneously consume more power than necessary and lose time.

Of course, our athletes must master this running technique perfectly, so that we can achieve high results. This is one of the most pressing issues in the system of training athletes and has both theoretical and practical significance in the field.

Throughout the history of the development of athletics, each type of technique has focused solely on training from the experience of athletes and coaches themselves. Today, the intensification of sports competition in the world arenas requires the introduction of new tools and methods of training in the training process. In the modern system of training runners for medium distances are divided into two types, based on the influence of the means and methods of training on the development of their aerobic and anaerobic capacity. These are aerobic and anaerobic mode capabilities. Application of tools and methods that develop overall resilience. Running at a steady pace over long distances. In this type of running, the speed can reach 8-12 km per hour. Normally, running takes place in conditions where the body consumes enough oxygen.

Unfortunately, many of our mid- and long-distance runners have many flaws in their tactics. In our opinion, our coaches should pay very little attention to this important part of training in their work.

Research in the field of running tactics and the experience of the strongest runners can lead to victory in running tactics, how to properly distribute power over distance, in what order to run in the lead, and so on. allows you to understand.

The most mature runners of our time David Rudusha (Kenya), Abdulbakir Kaki (Sudan), Rashid Ramzi (Bahrain), Yuri Barzakovsky (Russia) set records and won the Olympic Games. Typically, those who ran the second half of the distance faster than the first. This variant of the running tactic shows that it is very accurate and wisely planned.

Therefore, runners should pay as much attention as possible to improving special endurance in their training in order to run the first $\frac{3}{4}$ part of the distance with less effort, and therefore a smaller oxygen debt, and thus to reach the finish line faster. Thus, if the level of special physical training is high, the speed is high, and the energy is saved, it is possible to reach the finish line quickly. Today, the training of leading runners uses a complex approach, in which the main qualities of a runner are speed and special endurance. To do this, runners use cross-sections of different lengths in their training and run them at different speeds, which are suitable for the main and "adjacent" distances (400-800-1500 m).

There are many options for such a workout, which is of great benefit to the middle-distance runner as it improves both speed and endurance and tactical skills at the same time.

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