Preparation Runners over Barrier to 400 Meters in Annual Training

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Abstract: The article presents the results of pedagogical experiments on the distribution of training loads and the dynamics of results in annual training cycles of 400 meter hurdles runners, as well as the formation of a special level of physical fitness.

Keywords: Years of preparation, athletes, hurdles, special physical training, dynamics of results.

The growing competition in athletics in the world sports community requires the improvement of the training system of athletes on the basis of new technologies, as the results of competitions increase day by day. Training highly skilled runners is a multi-year pedagogical process that requires step-by-step planning and management of sports activities.

In the world of sports practice and management of training at these stages and periods, methods of organization, development of general and special physical training of athletes, technical and tactical training, improvement of functional training components, training cycles (micro-meso- and macrocycles), workload, the intensity of performance, pre-race preparation, competition activities, maintaining sports uniform.

It should be noted that the work carried out in our country in recent years in the field of physical culture and sports is growing. In particular, the training of highly qualified athletes in the system of training athletes for the 400-meter hurdles, the management of the training process with the help of modern pedagogical technologies has become increasingly popular and a priority.

Taking into account the individual characteristics of athletes in the planning of the training process of cross-country runners, the relationship of the tools used to the purpose of training has a positive impact on the system of training highly qualified athletes.

However, if we consider the results of sports in the domestic championships in our country as satisfactory, we can see that they are formed at a much lower level than the results shown in athletics competitions around the world. This is because the average result of the 400-meter hurdles at the World Championships is 49.0-51.0 seconds, while the average result of the Uzbek championships is 53.0-57.0 seconds.

The formation of the results at this level requires a radical improvement of the system of training runners over 400 meters. This is one of the most pressing issues today, as well as the need to develop a new program of training athletes for the 400-meter hurdles.

The purpose of the study: the effectiveness of the development of special endurance in the annual training of runners over 400 meters.

Research objectives: To study the training programs and plans for the distribution of annual training loads for runners over 400 meters.

☒ Determining and comparative analysis of sports results of runners over 400 meters.
☒ Development of an annual training program for runners over 400 meters and scientific substantiation of the effectiveness of pedagogical experience.

Discussion of the results of the study:
When we pedagogical analysis of the sports results achieved in the domestic championships of
the republic and the results shown at the world championship, the best result among men in the championship of Uzbekistan is 53.0–57.0 seconds. While this result is a good result for the domestic championship, it is an unsatisfactory result for international competitions. We know that in order to participate in international competitions, runners over 400 meters must record a result of 49.30. Only then will they be able to compete in international competitions. When we make a comparative analysis of the results of athletes from around the world, Asia and Uzbekistan, who run exactly 400 meters, we can see that the dynamics of the results are as follows

Table 1 Comparative analysis of sports results and dynamics of world, Asian and Uzbek 400-meter hurdles

<table>
<thead>
<tr>
<th>Years</th>
<th>World</th>
<th>Asia</th>
<th>Uzbekistan</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>48.35</td>
<td>49.57</td>
<td>52.25</td>
</tr>
<tr>
<td></td>
<td>Karsten Varholm</td>
<td>Erik Krey</td>
<td>Murod Magamedrasulov</td>
</tr>
<tr>
<td>2018</td>
<td>47.64</td>
<td>46.98</td>
<td>51.96</td>
</tr>
<tr>
<td></td>
<td>Karsten Varholm</td>
<td>Samba Aberrakhman</td>
<td>Shokhrul Baratov</td>
</tr>
<tr>
<td>2019</td>
<td>47.42</td>
<td>47.51</td>
<td>52.11</td>
</tr>
<tr>
<td></td>
<td>Karsten Varholm</td>
<td>Samba Aberrakhman</td>
<td>Shokhrul Baratov</td>
</tr>
<tr>
<td>2021</td>
<td>45.94</td>
<td>47.12</td>
<td>53.57</td>
</tr>
<tr>
<td></td>
<td>Karsten Varholm</td>
<td>Samba Aberrakhman</td>
<td>Murod Magamedrasulov</td>
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</tbody>
</table>

The formation of sports results at this level shows that the 400-meter hurdles are associated with special physical training and technical-tactical training of runners. We therefore focused on determining their physical fitness.

Table 2 EXPERIMENTAL GROUP 400-METER DEFINITIONS OF SPECIAL PHYSICAL TRAINING OF RUNNERS

<table>
<thead>
<tr>
<th>№</th>
<th>S.N.М</th>
<th>Control exercises</th>
<th>400m f/o (sec)</th>
<th>Running from low start 30m (sec)</th>
<th>Running from low start 100m (sec)</th>
<th>Running from low start 400m (sec)</th>
<th>Running 1000m (sec)</th>
<th>Long jump from a standing position (cm)</th>
<th>Jumping from a standing position (cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>48.35</td>
<td>52.25</td>
<td>51.96</td>
<td>52.11</td>
<td>45.94</td>
<td>53.57</td>
<td>53.57</td>
</tr>
</tbody>
</table>
When we compared the results of the study with the model indicators given by L.P. Sergeenko, it was found that in terms of physical fitness we are 0.57 seconds behind in the 100-meter run, and 5.2 seconds behind in the 400-meter hurdles. Other indicators show that we are on a par with athletes.

This means that we need to develop the special endurance and fast power qualities of athletes in the 400-meter hurdles. Only then can we achieve the set goal.

**Conclusion.** The results of the pedagogical experiment allowed to note the following conclusions:

- The current programs for the training of runners over 400 meters show that they are outdated today, which has a small effect on the training of runners over ditches.
- The 400-meter hurdles show the need to develop the qualities of rapid endurance and rapid strength in the special physical training of runners.
- The results of the experiment show that in the system of training runners over 400 meters, it is necessary to develop an annual training program, taking into account the individual capabilities of each athlete. Only then can the intended goal be achieved.

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