

## Restoring the Performance of Athletes in Sports means

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**Abstract:** In this article of athletes work ability recovery rules , exhaustion and his types , re recovery of means types about information given.

**Key words:** Recovery , re recovery , classification , pharmacological recovery , physical recovery.

Modern of sports the most important from problems one of athletes work ability is to increase . Leader the world of athletes one in the day sports training at least 3-4 times performs Sports training scope and speed increase with along with the number of sports competitions increased is going To the data than some leader athletes 51-54 times in competitions during the period participation have reached Fatigue is it physiological process is something mental bro physical without loading surface will come and short from timed rest after past goes Too much tiredness while tiredness of the process from diseases after without recovery in training participation when , training mode when broken appear to be , before pathology status development reason to be condition

Repetitive big voluminous and powerful physical downloads under the influence of sportsman in the organism two opposite circumstances develops :

1. Physical exercise and sports work ability increase ( spent energy resources again restored cases );
2. Chronic tiredness and an athlete medicine build ( regularity respectively recovery of the process deadlines extended without ).

Modern in sports of an athlete organism activity and work ability in raising next training complete not recovered in the situation transfer to the goal is appropriate .

Sports training in progress acceleration and sports work ability in raising again recovery means wide regularity respectively to be used big importance is given

Modern to sports relevant too much in addition to physical and mental ( spiritual ) loads again recovery from tools reasonable use big important it is Current in time again recovery tools two different in the form will be held :

- a) sports activities and competitions in progress athletes recovery system
- b) medical rehabilitation system : different so to speak illness , injury , extreme tiredness and very from stress after athletes work ability again is to restore .

Again recovery tools three the main one is pedagogy, psychological and medical to groups is divided

Pedagogical tools :

- main tools being is because rational respectively structured sports activities only again recovery processes accelerates and sports results increases . Here's what 's going on to factors big importance given : micro and in macrocycles with this an athlete a lot years during in preparation loading and to relax together adding right take to go special again recovery cycles enter , rest days , training in different circumstances transferred , muscles assimilator exercise , light cross country , training access and finish parts rational respectively structure and etc.

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Psychological means : - psychological - nerve removes tension ( tension ) , that's why organism movement and physiological functions quickly again will be restored . To these all kinds of nervous and spiritual cases manage methods : rest by sleeping , own to the powerpersuasion , self the will strengthening muscles relax methods , emptythe times meaningful transfer , hypnosis and x. enters

Physical work ability in recovery applied medical tools main role plays Recovery when you say functional state of the organism from changing after his physiologicalstatus from work previous bro to him near homeostasis ( internal environment save ) to the state returns understood .

Aerobic reactions and absorption is superior coming recovery of the process characteristicside . As you know , from work after period only of the organism spend did resources and as well as his physiological functions just recovered not only important functional structure reconstructions too will be That's why for recovery processes knowing account It's always true to training loads help gives

Loading as a result of the organism internal in the environment strong changes happened will be , bloodreaction acidic towards pushed , energy resources decreases , thermoregulation, breaks , Heart-blood vein , breath of systems activity is disrupted . Of these activitiesin improvement medical tools help gives Of this as a result tiredness status will disappear , work ability increases , to the body next to be given to load adaptationrelieves .

Athletes of the organism work ability again in sports medicine in recovery wide complextools is used . To this the first in line special nutrition , ergogenic diet andvitamins enters

From this except from plants and artificial road with prepared pharmacological preparationsis usedHygienic tools too wide used - one the mode in meèr , in nature natural strength andx.z. Most the main thing while recovery physical of means totals : from massage including , sauna, thermal ( hot ) - electric, baro , - magnetic and another styles is used . Many medical tools to the organism big effect does This tools wrongapplication to the state of the organism suitable not coming , the dosage is increased the departure of athleteshealthy effect his arrival work ability to believe take will come That's why for thisin application of athletes individual position , gender , gender health , physicaldevelopment of the organism concrete to the state of training bro of the competition stage andcharacter account get need This means doctor's instruction based on is usedorganize done in momentum exercise 114 min during , carbohydrate diet - 167 minutes , protein-fatona diet only 57 minutes during non-stop exercise the first in the event glycogen the amount is 1.75 g/100 g of muscle to the weight equal , in the second - 3.51 /100 g in the third while that only 0.63 g/100 g determined . In the muscles of oxygen composition how much less if so , that's it long to the distance to run the speed will be low . Energogenic diet is not only athletes work ability in increasing , with thisathletes training and competitions efficiency in providing too is used .

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