

Preparing for the Competition of the Military Sports Complex Athletics

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Annotation: The article explains the distribution of workloads on the subject of physical training at the Academy of the Armed Forces of the Republic of Uzbekistan. The article also explains the ways of development of physical training.

Key words: physical training, cadets.

Physical exercises have a positive effect on the physical development of cadets. Regular and correct use of physical exercises strengthens the supporting apparatus of cadets, makes the bones thicker, less brittle, and increases the flexibility of the joints. The military sports complex is aimed at forming the willpower qualities of cadets, i.e. the qualities of determination, bravery, determination and self-confidence, and at the same time, the cadets' strength, quickness, speed, quick-strength endurance and general develops endurance.

Military sports complex all-around consists of 5 exercises:

- ✓ pulling on the turnstile;
- ✓ 100m run;
- ✓ Throwing a grenade into the distance;
- ✓ Performing a general control exercise on a single obstacle course;
- ✓ 3km run.

Before giving physical load to cadets, attention should be paid to their proper running technique. Even the best program in the world won't help you run fast without proper technique. Many young coaches do not pay attention to this basic element of running training. If you run incorrectly, there will be no increase in results and may eventually lead to musculoskeletal injuries. During each training process, the cadet must use the correct technique from the first step to the last. The task of the teacher is to pay attention to the individual technique of the personal content before giving loads that require high speed or quick strength. Running is considered a natural way of movement of a person, and the same cycle of movement is repeated, that is, the body lands on the ground with one leg and flies in the air. The transition of the body to the flying position continues until the kicking leg is off the ground and the forward free leg lands on the ground. Speed is developed through physical exercises that require quick execution of actions. For this purpose, various exercises that are performed quickly and mainly in the style of a competition, i.e. running for short distances, special exercises related to running and jumping exercises, are used. Along with the development of rapid force, the single obstacle course prepares military personnel to move quickly, skillfully and dexterously on the battlefield.

Muscle strength is the maximum effort performed by a muscle. Muscle endurance means the ability of a muscle to support the development of movements for a certain period of time. Strength and endurance are related to each other, an increase in one, as a rule, leads to a certain increase in the other. Some cadets' bodies react faster, others slower. Even with the same exercises, the duration of training and the same starting level of physical training, no two trainees can show the same results. No matter how good a training program is, it cannot meet the needs of all trainees equally. Because every cadet

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has his own strengths and weaknesses. There are 17-year-old cadets and 25-26-year-old cadets in the platoon. You can't give everyone the same physical load. The 17-year-old alarm clock is still a child of puberty. Biological age and passport age may not match. Taking into account the level of physical development, various "varicose veins" will not occur. There are 5 modes of physical loading at different speeds:

- ✓ restorative. HEART (heart rate) up to 120 times per minute;
- ✓ developing. UP to 130-150 times per minute;
- ✓ extensive. UP to 150-170 times per minute;
- ✓ intense. UP to 170-190 times per minute;
- ✓ maximum. HIGH 190 per minute and above.

Each running mode has its own exercises. It is shown in my plan in the process of preparing for competitions.

Monday

Morning: 5.00-6.30. 12km run. Time: 60 minutes. High 110-130 dice/min. URM, MYuM.

Daytime: 10.00-12.00. 3-4km run at a slow pace. URM, MYuM, 2x80m sprint.

Repeat running: 4-6x1000m/400m. Time: 3.25-3.15. HIGH 170-190 dice/min. Run 2-3 km at a slow pace. Muscle stretching exercises.

Evening: 17.00-19.00. 3-4km run at a slow pace. URM, MYuM, 2x80m sprint.

6x100m running with car tires (with 1-2 natural stones of 2-4 kg) Time: 18-17 seconds. High 150-170 dice/min.

4x100/100m technique run. Time: 15-14 seconds. High 160-180 dice/min. 2km run at a slow pace. Muscle stretching exercises.

Throwing (500-600gr) grenade at the equipment - 8-10 times.

Exercise with a rubber band (expander, jgut): pulling a rubber band imitating throwing with the left and right hand, bending forward with two hands towards oneself, imitating throwing from left and right standing: 6x20 times.

Tuesday

Morning: 5.00-6.30. 12km run. Time: 60 minutes. High 110-130 dice/min. URM, MYuM.

Daytime: 10.00-12.00. 8km Fartlek. Time: 35 minutes. High 170-190 dice/min. 2km run at a slow pace. Muscle stretching exercises.

Evening: 17.00-19.00. 3-4km run at a slow pace. URM, MYuM, 2x80m sprint.

Pull-ups on the horizontal bar (stair method/10m walking with rest): 1+2+3+4+5+6+7+8+9+10+10+9++8+7+6+5+4+3+2 +1. HIGH 120-130 dice/min.

Running and jumping exercises. Each exercise is repeated 2 times.

Jumping (falling) on a gymnastic horse with a height of 1 m - 10 times.

2 km run at a slow pace. Muscle stretching exercises.

Wednesday

Morning: 5.00-6.30. 12km run. Time: 60 minutes. High 110-130 dice/min. URM, MYuM.

Daytime: 10.00-12.00. Variable running: 4-6x 600m/400m. +400m/200m. Time: 1.45-1.42- 1.15-1.12. HIGH 180-2000 dice/min.

2km run at a slow pace. Chigilyozdi exercises.



Evening: 17.00-19.00. 3-4km run at a slow pace. URM, MYuM, 2x80m sprint.

Overcoming individual obstacles:

- ✓ the beginning of the obstacle course, 2, 5m pit, labyrinth, 2m wall - 5 times. Time: 22-20 seconds;
- ✓ broken bridge, broken stairs, hole in the wall - 5 times. Time: 16-13 seconds;
- ✓ communication road, 1 m. wall - 5 floors. Time: 9-7 seconds;
- ✓ broken stairs, broken bridge, sloping board - 5 times. Time: 16-12 seconds;
- ✓ the beginning of the obstacle course.....trencheya- 2 marotaba. Time: 40-38 seconds;
- ✓ trench.....the beginning of the obstacle course - 2 times. Time: 29-27 seconds. High 170-190 dice/min.

Exercise with stones (3-5 kg natural stones)

Throwing a stone up and landing on the left and right foot, splashing with a stone: 2x50 times/100m.

2x100m: throwing a stone forward, backward, forward with a large step, leaning on the left and right foot.

2km run at a slow pace. Muscle stretching exercises.

Thursday

Morning: 5.00-6.30. 12km run. Time: 60 minutes. High 110-130 dice/min. URM, MYuM.

Daytime: 10.00-12.00. 14-16km CROSS RUNNING. Time: 1.20-1.10. High 140-160 dice/min.

2km run at a slow pace. Muscle stretching exercises.

Evening: 17.00-19.00.

Freestyle swimming.

Friday

Morning: 5.00-6.30. 12km run. Time: 60 minutes. High 110-130 dice/min. URM, MYuM.

Daytime: 10.00-12.00. 3-4km run at a slow pace. URM, MYuM, 2x80m sprint.

8km control run. Running speed per 1km- 3.40-3.30. HIGH 180-190 dice/min.

2km run at a slow pace. Muscle stretching exercises.

Evening: 17.00-19.00. 3-4km run at a slow pace. URM, MYuM, 2x80m sprint.

10x100m/100m Jump. 1 km run at a slow pace.

2x350m/350m Running over partners and crawling under their feet. 1 km run at a slow pace.

2 x 3-minute complex strength training (pull-ups on the barbell + squats + squats on the gym bench + turning back and putting the feet on the gym bench and bending the elbow joints with the hands on the ground + hands sitting in the position behind the head - standing and it all starts from the beginning). Each exercise is performed for 5-10 seconds. When the whistle blows, the next exercise is started without stopping. The distance between exercises is covered by running. 1 km run at a slow pace. Muscle stretching exercises.

Saturday

Morning: 5.00-6.30. 12km run. Time: 60 minutes. High 110-130 dice/min. URM, MYuM.

Daytime: 10.00-12.00. Cross-country running 18-20km. Time: 1.40-1.30. HIGH 140-150 dice/min. Chigilyozdi exercises.

Evening: 17.00-19.00. Bathroom.



Conclusions:

- 1) The trainings held at the Academy of the Armed Forces of the Republic of Uzbekistan under this program created the basis for increasing the physical training of our future officers, which is considered the basis of their professional activities.
- 2) The physical fitness of the cadets has improved several times.

References

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