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	GIF (Australia) = 0.564	ESJI (KZ) = 9.035	IBI (India) = 4.260
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Dilyorbek Tojiboevich Uktamov
Andijan State University
Lecturer at the Department of Interfaculty Physical Culture and Sports, Faculty of Physical Culture

STRUCTURE OF SPECIAL PHYSICAL TRAINING FOR RUNNERS OF 5000 METERS IN ANNUAL TRAINING TRAINING

Abstract: *This article presents the results of research conducted before the preparation of long-distance runners for competitions in the annual training sessions and the structure of the annual training sessions.*

Key words: *Annual training, athletes, long-distance running, results dynamics, load volume.*

Language: *English*

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Introduction

Although long-distance running is one of the most popular sports in the world, the growing number of sports results is important not only for the search for talented athletes in the training system, but also for effective management and planning of training processes. Therefore, the system of training athletes requires the development of new plans and programs and their implementation in the practice process. In world sports practice, the African continent is currently leading both distances in the 5,000-10000 meter races, but other countries in the world are also striving for the championship title and are taking a scientific approach to planning and managing their training. But that alone is not enough to train highly skilled athletes. Therefore, it is necessary not only to train each athlete in the training process, but also to properly organize the process of preparation for competitions, to develop optimal options for planning the correct distribution of load ratios.

The results of the study and analysis of data on long-distance running in our country show that we are significantly 2 minutes or more behind the results of sports shown on the world arenas. This shows that the radical reform of the system of training long-distance runners and the introduction of new innovative management technologies is one of the urgent tasks in the field.

The purpose of the study: to prepare runners for competitions in the distance of 5000 meters in the annual training sessions.

Research objectives: to study the long-term plans and management system for the distribution of annual, multi-year training loads for long-distance runners;

determine the specific physical fitness of long-distance runners prior to the study;

development of an annual training program for long-distance runners and scientific substantiation in pedagogical practice.

Methods used in the study and expected results.

In the course of the research, we conducted a scientific study to determine the level of special physical training of long-distance runners in Uzbekistan, as well as the study and analysis of sports results. A comparative analysis of sports results is given in Table 1 below.

Table 1. Physical training of long-distance runners.

№	Full name	100 m run (seconds)	1000m run (min-secon)	3000m run (min-secod)	5000m run (min-seconds)	JTUXS (sm)	JTUXS (sm)	JTUXS (sm)	OOS100м distance (times)
1	Petrov A	12,5	2:45,0	8:58,3	15:20,5	2,48	6,50	21,40	49
2	O'ktamov D	12,1	2:47,1	8:59,1	15:25,3	2,47	6,48	21,35	51
3	Sayidaliyev P	12,7	2:49,3	9:03,0	15:30,1	2,41	6,37	21,25	52
4	Mamatqulov Z	12,3	2:48,4	9:06,1	15:31,0	2,42	6,40	21,26	52
5	Davlotov E	12,0	2:44,8	9:08,0	15:37,3	2,47	6,51	21,23	52
6	Bozorov X	12,8	2:50,2	9:10,4	15:40,1	2,35	6,20	21,15	52
7	Dadabolaev X	13,0	2:51,0	9:12,0	15:43,4	2,33	6,15	21,05	52
8	Abduxoliqov C	13,1	2:51,5	9:11,0	15:44,3	2,33	6,13	21,01	52
9	Mamatkomilov O	13,3	2:53,1	9:15,8	15:45,1	2,31	6,13	20,96	52
10	Mutalipov H	13,2	2:53,6	9:17,8	15:46,0	2,30	6,11	20,90	52
11	AzimovM	13,4	2:55,2	9:22,1	15:50,4	2,25	6,06	20,84	53
12	Tojixujaev X	13,5	2:56,6	9:26,9	15:54,3	2,21	6,01	20,81	53
	Avarage results	12,8	2:50,5	9:10,9	15:39,0	236	6,25	21,10	51,8

Note: JTUS- Long jump from a standing position.
JTUXS- Three jumps from the ground.
JTO'XS- Ten jumps from a standing position.
OOS- jump from foot to foot.
TTU- throwing a filling ball.

Among men, we focused on determining the dynamics of sports results of world, Asian and Uzbek long-distance runners. The results obtained are recorded in Table 2.

Table 2. Results of world, Asian and Uzbek athletes among men

Distance / Results	World	Asia	Uzbekistan
5000 м	12:35,36	12:51,96	13:41,82
10000м	26:11,00	26:38,76	28:48,40

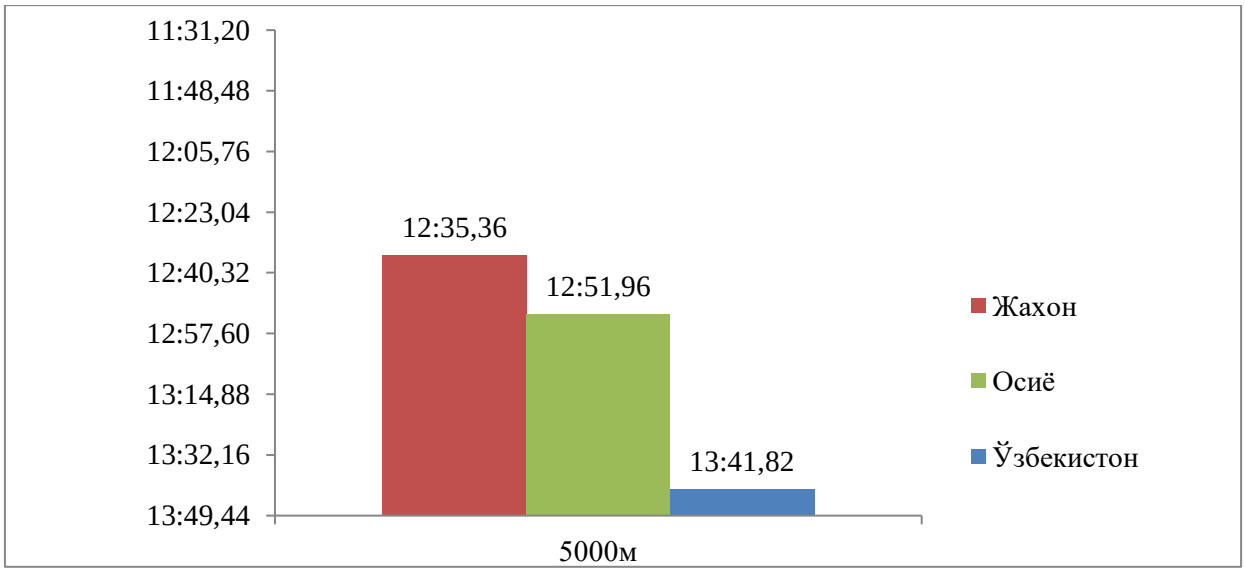
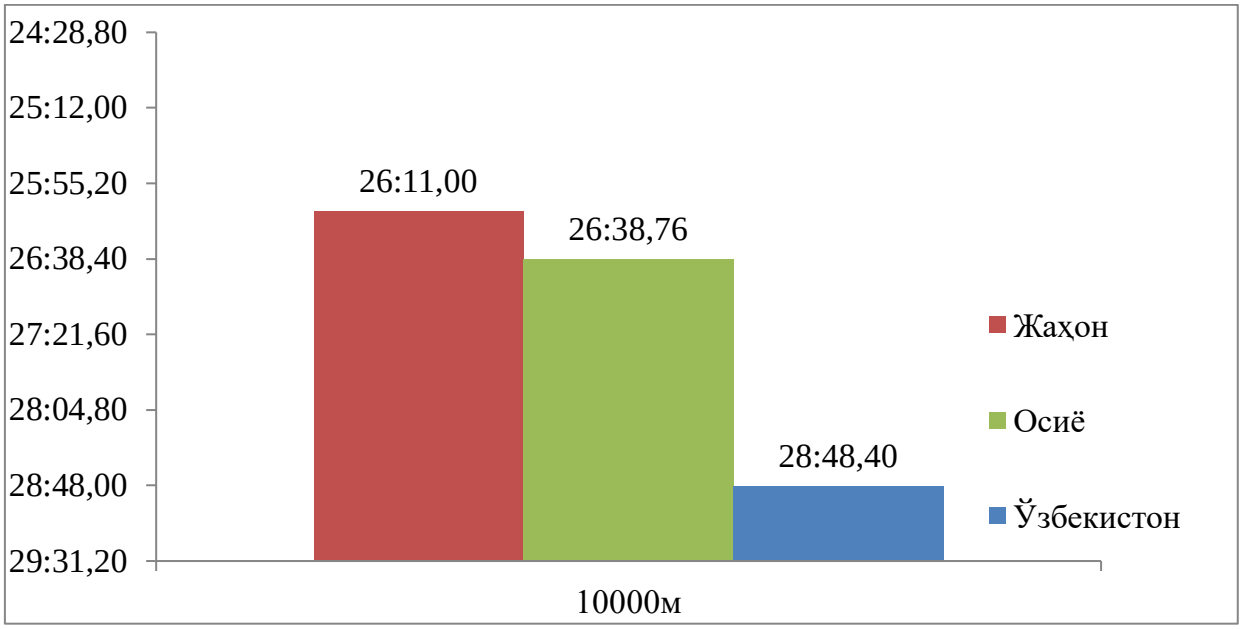


Figure 1. Formation of sports results among men in the World, Asia and Uzbekistan long-distance runners.



2-picture. Formation of sports results among men in the World, Asia and Uzbekistan long-distance runners.

Result.

According to the results of a study on the structure of the annual training of long-distance runners, it was found that the loads in the annual training cycles are distributed as follows. The results obtained are given in Table 4.

Table 3. Model performance of long-distance runners (L.P.Sergeenko) according to the schedule.

Monitor exircise	**Age schulede**				
	15-17		**16-17**		**18-20**
	Sport results				
	II		**I**		**KMS**
100m run (s)	12,8	12,2	12,2	11,7	11,5
1000 m run (min.s)	2,48,9	2,40,8	2,38,2	2,32,2	2,30,0
3000 m run (min.s)	9,09,4	8,43,5	8,39,9	8,20,0	8,13,9
10000 m run (min.s)	16,00,0	15,15,0	15,00,0	14,26,0	14,15,0
JTUXS	249	262	263	274	277
JTUXS	755	793	795	827	837
JTUXS	2548	2675	2719	2827	2861

Table 4.

№	**Distance** / **Results**	**Sex**	**III group**	**II group**	**I group**	**SUN**	**SU**	**XTSU**
1	**5000 m**	**male**	2300-2500	2500-5000	2800-3600	3000-4500	3500-5000	4500-6000
		female	1800-2000	2200-2600	2500-3200	2800-3400	3000-3800	3500-5000
2	**10000m**	**male**	2500-3000	2800-3200	3000-3500	3500-4000	3800-5000	4800-7000
		female	2000-2500	2200-2800	2500-3000	2800-3500	3200-3800	3500-5500

Based on the results of the study, taking into account the individual situation of athletes. Based on the above results, we identified the need to develop an annual training structure for long-distance runners.

Therefore, we consider it necessary to take into account their individual situation and the planning of the training process.

We focused on determining the distribution of annual training workloads for long-distance runners. according to which each athlete's annual loads were studied according to their diaries.

Table 5.

№	Full name	Run distance	Osmog-1 year Downlands	Osmog-2 year Downlands
1	Petrov A	**5000 m 10000 m**	4880	6300
2	Uktamov D		4500	5700
3	Sayidaliyev P		4380	5600
4	Mamatqulov Z		4350	5450
5	Davlatov E		4350	5400
6	Bozorov X		4300	5350
7	Dadabolaev X		4280	5350
8	Abduxoliqov C		4250	5280
9	Mamatkomilov O		4230	5240
10	Mutalipov H		4200	5180
11	Azimov M		4050	5100
12	Tojixujuaev X		3970	5000

Conclusion.

In our study, we found that the special physical training of long-distance runners lags behind the data provided by L.P. observed.

The results of a study of the physical fitness of long-distance runners allowed us to draw the following conclusions.

1. Long-distance running training programs have become obsolete and ineffective.

2. The results of a study to determine the special physical fitness of long-distance runners showed that we are significantly behind the model given by other scientists in terms of special endurance.

3. According to the results of the study, it is necessary to develop a system of organization and management of training programs and plans for long-distance running athletes on the basis of new innovative technologies.

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